



**DEPARTMENT OF THE NAVY
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MCO 1510.122A
C 469
03 DEC 02

MARINE CORPS ORDER 1510.122A

From: Commandant of the Marine Corps
To: Distribution List

Subj: INDIVIDUAL TRAINING STANDARDS (ITS) SYSTEM FOR THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

Ref: (a) MCO 1510.34A
(b) MCO 1553.1B
(c) MCO 1553.2
(d) MCO 1553.3
(e) MCO 3500.27

Encl: (1) Description of an Individual Training Standard
(2) Management of Individual Training Standards
(3) Summary/Index of Individual Training Standards
(4) Common Individual Training Standards
(5) Training Support
(6) Individual Training Standards
(7) Summary/Index of Individual Training Standards by Specific Category (MOJT, DL, PST)

1. Purpose. To publish revised Individual Training Standards (ITS) at enclosures (1) through (7) for the Marine Corps Martial Arts Program.

2. Cancellation. MCO 1510.122.

3. Background

a. The references establish the system used to publish all training standards, provide policy, and assign training responsibilities, especially as applied to the Systems Approach to Training (SAT).

b. ITSS establish the training requirements for all Marines in the same occupational field (OccFld), Military Occupational Specialty (MOS), or billet. They provide a foundation upon which unit commanders, Functional Learning Center (FLC) directors, and distance learning (DL) developers build training packages for individual Marines as part of unit training plans or formal courses of instruction.

c. ITSS represent the skills that contribute to the unit mission as expressed in the Mission Performance Standards (MPS). Changes to doctrine or force structure or the introduction of new weapons or equipment may necessitate revision of this Order.

4. Summary of Revision. The order further defines the program's Mental and Character Skills and their interdependence with the Physical Skills and provides the basis for standardized instruction. The Order also ties the three disciplines together and reinforces the Marine Corps Core Values through repetition and discussion. The qualifications for Black Belt Second Degree through Black Belt Sixth Degree are identified for the first time in this Order. Martial Arts Instructor (MAI) and Martial

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Arts Instructor Trainer (MAIT) skills include additional tasks that will improve instructor capabilities, addressing ORM and other instructional techniques.

5. Information

a. ITSs are used by unit commanders, FLC directors, and DL developers to design, develop, conduct, and evaluate the individual training of Marines. Unit commanders are responsible for the sustainment of all individual tasks that have been deemed, through analysis, to support the unit's Mission Essential Task List (METL). Unit commanders can, therefore, use the tasks contained in this Order as the basis of individual training through Managed On-the-Job Training (MOJT), instruction in unit-level schools, or incorporation in their training plans. FLC directors and DL developers will derive Terminal Learning Objectives (TLO) and Enabling Learning Objectives (ELO) from the tasks, conditions, standards, and performance steps of each associated ITS. Task lists reported on Course Descriptive Data (CDD) submissions will consist of tasks contained in this Order that are designated for training at the appropriate level in the FLC. Task lists reported on Distance Learning Descriptive Data (DLDD) submissions will consist of tasks contained in this Order that are designated for DL training at the appropriate level.

b. Unit commanders and FLC directors are responsible for reviewing their training programs per reference (e) and making interventions that reduce risk to acceptable levels.

6. Action

a. Commanding General, Marine Corps Combat Development Command (CG, MCCDC)

(1) Ensure all FLCs use this Order to train personnel to the standards required by grade and MOS.

(2) Ensure the Marine Corps Institute (MCI) and the Combat Visual Information Center (CVIC) provide standardized performance support tools (PST) and other training support requirements to facilitate training in units.

(3) Review, revise, and manage the upkeep of this Order in coordination with Operating Force and Supporting Establishment commanders and MOS Specialists/OccFld managers.

(4) Ensure the Combat Development System identifies and mitigates the impact on training, by MOS and ITS, of all new equipment.

b. Commanders, Marine Forces; Commanding Generals, Operating Forces/Supporting Establishment Commands; and Commanders of Separate Organizations not commanded by a General Officer

(1) Use this Order as the basis for individual training.

(2) Conduct MOJT programs and/or instruction in unit level schools to satisfy initial, sustainment, and refresher training requirements in so far as the tasks support unit mission requirements.

7. Uniform and Equipment Codes. The following list is established as SOP for uniform and equipment related to the completion of Tasks in Appendix A. This paragraph intends to set "uniform groups" for ease of administration and increased efficiency. The following list is established and used throughout this Order:

a. 782 Gear Plus - Helmet, Flak Jacket, LBV or H-Harness, Two Canteens with covers, First Aid Kit, Two Magazine Pouches (M - 16 or M - 9), Camouflage Blouse, Camouflage Trousers, Combat Boots.

b. 782 Gear - LBV or H-Harness, Two Canteens with covers, First Aid Kit, Two Magazine Pouches (M - 16 or M - 9), Camouflage Blouse, Camouflage Trousers, Combat Boots.

c. Utility Uniform - Camouflage Blouse, Camouflage Trousers, Combat Boots.

d. Pugil Stick Protective Gear 1 (PPG1) - Helmet with Face Guard, Neck Roll, Flak Jacket, Mouthpiece, Gloves, Groin Protection.

e. Bayonet Training Protective Gear 1 (BTPG1) - Helmet with Face Guard, Neck Protector, Flak Jacket, Mouthpiece, Gloves, Groin Protection, SAPI Plate, and Arm Protection.

8. Testing and Evaluation. Testing and Evaluation will be conducted under controlled conditions by a certified Martial Arts Instructor (MAI) or Martial Arts Instructor Trainer (MAIT). Records of testing and evaluation will be kept utilizing the procedures in MCO 1500.54_.

a. 782 Gear (all categories) is optional when being evaluated.

b. Participation in Guided Discussions will be evaluated by the MAI/MAIT facilitating the discussion.

c. To be advanced to a belt level, the student must meet all prerequisites indicated in MCO 1500.54_ and:

(1) Pass 90% of Sustainment Items for the belt level being attempted.

(2) Pass 70% of Physical Discipline Performance Checklist items for the belt level being attempted.

(3) Attain 100% participation in Guided Discussions for the belt level being attempted.

(4) Complete Sustainment Training hours for previous belt.

(5) Complete Combat Conditioning for previous belt.

9. Safety. MCMAP is a physically and mentally demanding training program. The safe conduct of training is critical. MCMAP is a combat capability, but reasoned judgement must be applied during the training to prevent injuries.

a. Operational Risk Management applies to all MCMAP training. The Martial Arts Center of Excellence (MACE) publishes baseline Operational Risk Assessments for all martial arts techniques.

b. Specific safety considerations for each technique are detailed in all instructor's lesson plans. Lesson plans for all MCMAP training are common and published by the MACE. Locally produced lesson plans are prohibited.

c. MCMAP training is progressive in nature and requires practice to gain

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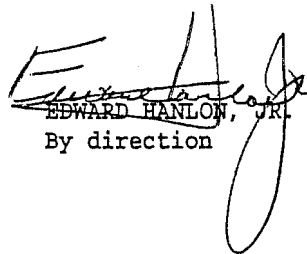
proficiency; increases in speed and power follow proficiency.

d. MCMAP techniques are not to be trained "full strength" or "full power."

10. Submission of Recommendations and Requirements. Recommendations concerning the content of this Order are invited. Submit recommendations for additions, deletions, or modifications to CG TECOM (C 469) via the chain of command.

11. Reserve Applicability. This Order is applicable to the Marine Corps Reserve.

12. Certification. Reviewed and approved this date.


EDWARD HANLON, JR.
By direction

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DESCRIPTION OF AN INDIVIDUAL TRAINING STANDARD

1. ITS Designator. Each ITS has a unique three-part identifier that represents an MOS (or billet), a duty (or functional) area within that MOS, and a specific task included in that duty area. Each part is separated by periods. An example of an ITS Designator is 0311.02.08.

a. The first four positions ("0311" in the example above) represent the MOS or billet. For any ITS associated with an official MOS, the four digits must be identical to those assigned to the MOS in MCO P1200.7 (MOS Manual).

b. The middle two positions ("02" in the example above) represent the duty or functional area. Duty areas within a given MOS are assigned Arabic numerals. Duty areas 1 through 9 are always preceded by a leading zero. In the example above, "02" represents the second duty area under MOS 0311.

c. The last two positions ("08" in the example above) represent a specific task. Tasks within a specific duty or functional area are assigned Arabic numerals. Tasks 1 through 9 are always preceded by a leading zero. In the example above, "08" represents one task within the second duty area under MOS 0311.

2. ITS Components. There are six basic components of an ITS, five of which are mandatory:

a. Task. The task describes a specific and necessary behavior expected of a Marine in a particular MOS or billet. It is a clearly stated, performance-oriented action requiring a learned skill. Skills that "make" a Marine or qualify that Marine for an MOS are designated as "Core." Those advanced skills that are mission, grade, or billet specific are designated as "Core Plus."

b. Condition(s). This portion of the ITS describes the equipment, manuals, assistance/supervision, special physical demands, environmental conditions, and location affecting a Marine's performance of the task under real-world circumstances.

c. Standard(s). This portion of the ITS describes the level of proficiency to which the individual must perform the task.

d. Performance Steps. Collectively, the performance steps represent the logical sequence of actions required of the Marine to perform the task to standard. These actions are typically detailed in the references.

e. Reference(s). References are doctrinal publications, technical manuals, and other publications upon which the ITS and its performance steps are based. They should be readily available and provide detail to the procedures that are only summarized in the performance steps.

f. Administrative Instructions (Optional). Administrative instructions provide the trainer/instructor with special required or recommended circumstances, including safety precautions, relating to the training or execution of the task. These instructions may also clarify the meaning of the task.

3. ITS Training

a. Initial Training Setting. All ITSs are assigned an initial training setting

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that includes a specific location for initial instruction [Functional Learning Center (FLC) or Managed On-The-Job Training (MOJT)], a sustainment factor (number of months between evaluation or retraining to maintain the proficiency required by the standard), and a "Required By" grade (the lowest grade at which task proficiency is required).

b. Training Materiel (Optional). Training materiel includes all training devices, simulators, aids, equipment, and materials [except ammunition, distance learning (DL) products, and performance support tools (PST)] required or recommended to properly train the task under the specified conditions and to the specified standard.

c. Ammunition (Optional). This section includes any ammunition, explosives, and/or pyrotechnics required for proper training of the ITS.

d. Distance Learning Product(s) (Optional). This section includes a list of any currently available or planned DL products designed to provide training related to this task.

e. Performance Support Tool(s) (Optional). This section includes a list of any currently available or planned PSTs designed to provide training related to this task.

MANAGEMENT OF INDIVIDUAL TRAINING STANDARDS

1. ITS Use

a. ITSs form the basis for all individual training in Functional Learning Centers (FLC) and units. They are written for all MOSs in order to specify the critical skills required by units of their individual Marines in support of the unit's combat missions as defined in the unit's Mission Essential Task List (METL).

b. FLC directors are responsible for reviewing all ITSs marked for initial training at the FLC. They must conduct courses of instruction on those ITSs appropriate for their student populations in terms of grade or rank. The task portion of each ITS taught in a given course must appear in the Task List (Item 24) of the CDD for that course. In accordance with the Systems Approach to Training (SAT), a Program of Instruction (POI) must also be developed for the course.

c. ITSs provide measures of performance that can be used by unit commanders to diagnose individual deficiencies and design training. Noted deficiencies should be scheduled for remediation on training plans or through Managed On-The-Job Training (MOJT), as appropriate.

d. A Marine should continue to receive instruction on ITSs that support the unit's METL. Individual training cannot cease upon graduation from the FLC because FLCs cannot prepare every Marine to serve in every billet. Individuals should be given opportunities in the unit to gain experience and responsibility as quickly as possible.

2. ITS Maintenance

a. A relationship exists between ITSs and the threat to Marine forces. Changes in the threat often trigger corresponding changes in our weapons, equipment, or doctrine, which then necessitate producing new or updated training standards. Such action requires a team effort on the part of the operating forces, the FLCs, and staff agencies at both Headquarters, U.S. Marine Corps and the Marine Corps Combat Development Command (MCCDC).

b. ITSs are ultimately validated by unit commanders and FLC directors. Records of Proceedings (ROP) resulting from Course Content Review Boards (CCRB) conducted by FLCs are particularly well suited for recommending revisions. The ROP should contain a justification for each proposed addition, deletion, or change and should accompany any request to obtain authority to depart from the currently published ITSs. Unit commanders can recommend changes through participation in a school's CCRB or directly via the chain of command. Unless significant changes warrant earlier action, ITS orders are revised and republished on a 4-year cycle.

c. ITS management is a dynamic process involving user maintenance as the key to refining standards to best serve unit missions. ITS users should evaluate whether ITSs support or fail to support an MOS and ITS components should be examined for realism and pertinence. Users are encouraged to submit recommended changes to published ITSs through the chain of command.

ENCLOSURE (2)

SUMMARY/INDEX OF INDIVIDUAL TRAINING STANDARDS

1. General. This enclosure is a summary listing of all ITS tasks grouped by MOS and Duty Area.

2. Format. The columns are as follows:

a. SEQ. Sequence Number. This number dictates the order in which tasks for a given duty area are displayed.

b. TASK. ITS Designator. This is the permanent designator assigned to the task when it is created.

c. TITLE. ITS Task Title.

d. CORE. An "X" appears in this column when the task is designated as a "Core" task required to "make" a Marine and qualify that Marine for the appropriate MOS. The absence of an "X" indicates that this is an advanced ("Core Plus") task that is mission, grade, or billet specific.

e. FLC. Functional Learning Center. An "X" appears in this column when the FLC is designated as the initial training setting. The absence of an "X" indicates that the initial training is accomplished through Managed On-The-Job Training (MOJT).

f. DL. Distance Learning Product. An "X" in this column indicates that at least one DL product is associated with this task. Consult enclosure (6) for details.

g. PST. Performance Support Tool. An "X" in this column indicates that at least one PST is associated with this task. Consult enclosure (6) for details.

h. SUS. Sustainment Training Period. An entry in this column represents the number of months between evaluation or retraining by the unit to maintain the proficiency required by the standard, provided the task supports the unit's METL.

i. REQ BY. Required By. An entry in this column depicts the lowest grade required to demonstrate proficiency in this task.

j. PAGE. Page Number. This column lists the number of the page in enclosure (6) that contains detailed information concerning this task.

3. Index. The following is the index of tasks for MCMAP:

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ BY	PAGE
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MOS 8550, Martial Arts Marine

DUTY AREA 01 - TAN BELT

1)	8550.01.01	APPLY THE FUNDAMENTALS OF MARTIAL ARTS	X	X			12	Pvt	6-A-1
2)	8550.01.02	EXECUTE PUNCHES	X	X			12	Pvt	6-A-1
3)	8550.01.03	EXECUTE FALLS	X	X			12	Pvt	6-A-2
4)	8550.01.04	EXECUTE BAYONET TECHNIQUES	X	X			12	Pvt	6-A-3
5)	8550.01.05	PARTICIPATE IN A PUGIL STICK BOUT	X	X			12	Pvt	6-A-4

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SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
6)	8550.01.06	EXECUTE UPPER BODY STRIKES	X	X			12	Pvt		6-A-5
7)	8550.01.07	EXECUTE LOWER BODY STRIKES	X	X			12	Pvt		6-A-5
8)	8550.01.08	EXECUTE CHOKES	X	X			12	Pvt		6-A-6
9)	8550.01.09	EXECUTE LEG SWEEP	X	X			12	Pvt		6-A-7
10)	8550.01.10	EXECUTE COUNTERS TO STRIKES	X	X			12	Pvt		6-A-7
11)	8550.01.11	EXECUTE COUNTER TO REAR CHOKE	X	X			12	Pvt		6-A-8
12)	8550.01.12	EXECUTE COUNTERS TO HOLDS	X	X			12	Pvt		6-A-9
13)	8550.01.13	EXECUTE UNARMED MANIPULATIONS	X	X			12	Pvt		6-A-10
14)	8550.01.14	EXECUTE ARMED MANIPULATIONS	X	X			12	Pvt		6-A-10
15)	8550.01.15	EXECUTE KNIFE TECHNIQUES	X	X			12	Pvt		6-A-11
16)	8550.01.16	EMPLOY WEAPONS OF OPPORTUNITY	X	X			12	Pvt		6-A-12
17)	8550.01.17	DISCUSS THE MENTAL AND CHARACTER DISCIPLINES OF THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)	X	X			12	Pvt		6-A-13
18)	8550.01.18	DISCUSS THE MARINE CORPS CORE VALUES PROGRAM	X	X			12	Pvt		6-A-13
19)	8550.01.19	DISCUSS SUICIDE AWARENESS AND PREVENTION	X	X			12	Pvt		6-A-14
20)	8550.01.20	DISCUSS THE FUNDAMENTALS OF UNITED STATES MARINE CORPS LEADERSHIP	X	X	X		12	Pvt		6-A-14
21)	8550.01.21	DISCUSS SELF-DISCIPLINE	X	X	X		12	Pvt		6-A-15
22)	8550.01.22	PARTICIPATE IN A WARRIOR STUDY	X	X			12	Pvt		6-A-16
23)	8550.01.23	DISCUSS SEXUAL HARASSMENT	X	X			12	Pvt		6-A-16
24)	8550.01.24	DISCUSS SUBSTANCE ABUSE PREVENTION	X	X			12	Pvt		6-A-17
25)	8550.01.25	DISCUSS THE MARINE CORPS EQUAL OPPORTUNITY PROGRAM	X	X			12	Pvt		6-A-17
26)	8550.01.26	DISCUSS PERSONAL READINESS	X	X	X		12	Pvt		6-A-18
27)	8550.01.27	DISCUSS FRATERNIZATION	X	X			12	Pvt		6-A-19
28)	8550.01.28	DISCUSS SEXUAL RESPONSIBILITY	X	X			12	Pvt		6-A-19
29)	8550.01.29	DISCUSS THE HISTORY AND STRUCTURE OF MCMAP	X	X			12	Pvt		6-A-20
30)	8550.01.30	DISCUSS THE RESPONSIBLE USE OF FORCE	X	X			12	Pvt		6-A-20

DUTY AREA 02 - GRAY BELT

1)	8550.02.01	EXECUTE BAYONET TECHNIQUES					12	Pvt		6-A-22
2)	8550.02.02	EXECUTE UPPER BODY STRIKES					12	Pvt		6-A-23
3)	8550.02.03	EXECUTE LOWER BODY STRIKES					12	Pvt		6-A-24
4)	8550.02.04	EXECUTE FRONT CHOKE					12	Pvt		6-A-24
5)	8550.02.05	EXECUTE HIP THROW					12	Pvt		6-A-25
6)	8550.02.06	EXECUTE COUNTERS TO STRIKES					12	Pvt		6-A-26
7)	8550.02.07	EXECUTE COUNTER TO THE FRONT CHOKE					12	Pvt		6-A-27
8)	8550.02.08	EXECUTE COUNTERS TO HOLDS					12	Pvt		6-A-27
9)	8550.02.09	EXECUTE UNARMED MANIPULATIONS					12	Pvt		6-A-28
10)	8550.02.10	EXECUTE ARMED MANIPULATIONS					12	Pvt		6-A-29
11)	8550.02.11	EXECUTE KNIFE TECHNIQUES					12	Pvt		6-A-30
12)	8550.02.12	EXECUTE NONLETHAL BATON TECHNIQUES					12	Pvt		6-A-31
13)	8550.02.13	EMPLOY WEAPONS OF OPPORTUNITY					12	Pvt		6-A-32
14)	8550.02.14	EXECUTE GROUND FIGHTING					12	Pvt		6-A-33
15)	8550.02.15	PARTICIPATE IN FREE SPARRING					12	Pvt		6-A-34
16)	8550.02.16	DISCUSS THE MARINE WARRIOR ETHOS					12	Pvt		6-A-35
17)	8550.02.17	DISCUSS THE MARINE CORPS LEADERSHIP TRAITS			X		12	Pvt		6-A-36
18)	8550.02.18	DISCUSS MARINE CORPS LEADERSHIP PRINCIPLES			X		12	Pvt		6-A-36
19)	8550.02.19	DISCUSS HAZING					12	Pvt		6-A-37

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SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
20)	8550.02.20	DISCUSS THE MARINE CORPS CORE VALUE OF COMMITMENT					12	Pvt		6-A-38
21)	8550.02.21	DISCUSS THE CODE OF CONDUCT					12	Pvt		6-A-38
22)	8550.02.22	DISCUSS THE SIX TROOP LEADING STEPS					12	Pvt		6-A-39
23)	8550.02.23	DISCUSS THE MARINE CORPS CORE VALUE OF HONOR					12	Pvt		6-A-40
24)	8550.02.24	DISCUSS THE MARINE CORPS CORE VALUE OF COURAGE					12	Pvt		6-A-40
25)	8550.02.25	DISCUSS MARINE CORPS CUSTOMS, COURTESIES AND TRADITIONS					12	Pvt		6-A-41
26)	8550.02.26	DISCUSS THE MEANING OF THE OATH OF ENLISTMENT OR COMMISSIONING					12	Pvt		6-A-42
27)	8550.02.27	DISCUSS MARINE CORPS HISTORY					12	Pvt		6-A-43
28)	8550.02.28	DISCUSS A MARTIAL CULTURE					12	Pvt		6-A-43
29)	8550.02.29	DISCUSS THE COMPONENTS OF WELLNESS			X		12	Pvt		6-A-44
30)	8550.02.30	DISCUSS THE FORCE CONTINUUM					12	Pvt		6-A-45
31)	8550.02.31	PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM					12	Pvt		6-A-46

DUTY AREA 03 - GREEN BELT

1)	8550.03.01	EXECUTE BAYONET TECHNIQUES		X			12	LCpl		6-A-48
2)	8550.03.02	EXECUTE MUSCULAR GOUGING		X			12	LCpl		6-A-48
3)	8550.03.03	EXECUTE A SIDE CHOKE		X			12	LCpl		6-A-49
4)	8550.03.04	EXECUTE A SHOULDER THROW		X			12	LCpl		6-A-50
5)	8550.03.05	EXECUTE COUNTERS TO STRIKES		X			12	LCpl		6-A-51
6)	8550.03.06	EXECUTE UNARMED MANIPULATIONS		X			12	LCpl		6-A-52
7)	8550.03.07	EXECUTE KNIFE TECHNIQUES		X			12	LCpl		6-A-52
8)	8550.03.08	EXECUTE NONLETHAL BATON TECHNIQUES		X			12	LCpl		6-A-53
9)	8550.03.09	EMPLOY WEAPONS OF OPPORTUNITY		X			12	LCpl		6-A-54
10)	8550.03.10	EXECUTE GROUND FIGHTING		X			12	LCpl		6-A-55
11)	8550.03.11	PARTICIPATE IN FREE SPARRING		X			12	LCpl		6-A-56
12)	8550.03.12	DISCUSS COMBAT LEADERSHIP: STRESSES OF COMBAT		X			12	LCpl		6-A-57
13)	8550.03.13	DISCUSS CHARACTER		X			12	LCpl		6-A-58
14)	8550.03.14	DISCUSS "RIGHT VERSUS WRONG"		X			12	LCpl		6-A-58
15)	8550.03.15	DISCUSS "WHO IS A COMBAT LEADER"		X			12	LCpl		6-A-59
16)	8550.03.16	DISCUSS FORCE PROTECTION		X	X		12	LCpl		6-A-60
17)	8550.03.17	DISCUSS THE INFORMAL RESOLUTION SYSTEM		X			12	LCpl		6-A-61
18)	8550.03.18	DISCUSS COMBAT LEADERSHIP: FEAR		X			12	LCpl		6-A-61
19)	8550.03.19	DISCUSS THE CONCEPT OF "THE PROFESSION OF ARMS"		X			12	LCpl		6-A-62
20)	8550.03.20	DISCUSS COMBAT LEADERSHIP: FATIGUE		X			12	LCpl		6-A-63
21)	8550.03.21	DISCUSS PROFESSIONALISM AND ETHICS		X			12	LCpl		6-A-63
22)	8550.03.22	DISCUSS "SETTING THE EXAMPLE"		X			12	LCpl		6-A-64
23)	8550.03.23	DISCUSS A MARTIAL CULTURE		X			12	LCpl		6-A-65
24)	8550.03.24	DISCUSS THE BASIC ELEMENTS OF ANATOMY AND PHYSIOLOGY		X			12	LCpl		6-A-65
25)	8550.03.25	DISCUSS COMBAT FITNESS		X			12	LCpl		6-A-66
26)	8550.03.26	PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM		X			12	LCpl		6-A-67

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SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
<u>DUTY AREA 04 - BROWN BELT</u>										
1)	8550.04.01	EXECUTE BAYONET TECHNIQUES		X			12	Cpl		6-A-69
2)	8550.04.02	EXECUTE GROUND FIGHTING		X			12	Cpl		6-A-69
3)	8550.04.03	EXECUTE GROUND CHOKES		X			12	Cpl		6-A-70
4)	8550.04.04	EXECUTE A MAJOR OUTSIDE REAP THROW		X			12	Cpl		6-A-71
5)	8550.04.05	EXECUTE UNARMED VERSUS HANDHELD WEAPONS		X			12	Cpl		6-A-72
6)	8550.04.06	EXECUTE FIREARM RETENTION		X			12	Cpl		6-A-73
7)	8550.04.07	EXECUTE FIREARM DISARMAMENT (PISTOL)		X			12	Cpl		6-A-74
8)	8550.04.08	EXECUTE KNIFE TECHNIQUES		X			12	Cpl		6-A-75
9)	8550.04.09	EXECUTE NONLETHAL BATON TECHNIQUES		X			12	Cpl		6-A-75
10)	8550.04.10	EMPLOY WEAPONS OF OPPORTUNITY		X			12	Cpl		6-A-76
11)	8550.04.11	PARTICIPATE IN FREE SPARRING		X			12	Cpl		6-A-77
12)	8550.04.12	DISCUSS COMBAT READINESS		X			12	Cpl		6-A-79
13)	8550.04.13	DISCUSS CITIZENSHIP		X			12	Cpl		6-A-79
14)	8550.04.14	DISCUSS COMMUNICATIONS AND COUNSELING		X	X		12	Cpl		6-A-80
15)	8550.04.15	DISCUSS COHESION		X			12	Cpl		6-A-81
16)	8550.04.16	DISCUSS THE LAW OF WAR		X			12	Cpl		6-A-81
17)	8550.04.17	DISCUSS THE CONCEPT OF "BAND OF BROTHERS"		X			12	Cpl		6-A-82
18)	8550.04.18	DISCUSS LEADERSHIP ROLES		X	X		12	Cpl		6-A-83
19)	8550.04.19	DISCUSS COUNSELING TECHNIQUES		X	X		12	Cpl		6-A-84
20)	8550.04.20	DISCUSS RULES OF ENGAGEMENT		X			12	Cpl		6-A-85
21)	8550.04.21	DISCUSS SAFETY ON AND OFF DUTY		X			12	Cpl		6-A-85
22)	8550.04.22	DISCUSS DISCIPLINE, MORALE, AND ESPRIT DE CORPS		X			12	Cpl		6-A-86
23)	8550.04.23	DISCUSS A MARTIAL CULTURE		X			12	Cpl		6-A-87
24)	8550.04.24	DISCUSS THE HUMAN DIMENSIONS OF COMBAT		X			12	Cpl		6-A-87
25)	8550.04.25	DISCUSS THE CONCEPT OF THE "WARRIOR AS A GENTLEMAN"		X			12	Cpl		6-A-88
26)	8550.04.26	PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM		X			12	Cpl		6-A-89
<u>DUTY AREA 05 - BLACK BELT (1ST DEGREE)</u>										
1)	8550.05.01	EXECUTE BAYONET TECHNIQUES		X			12	Sgt		6-A-91
2)	8550.05.02	EXECUTE A SWEEPING HIP THROW		X			12	Sgt		6-A-92
3)	8550.05.03	EXECUTE GROUND FIGHTING		X			12	Sgt		6-A-92
4)	8550.05.04	EXECUTE THE NECK CRANK TAKEDOWN		X			12	Sgt		6-A-93
5)	8550.05.05	EXECUTE A TRIANGLE CHOKE		X			12	Sgt		6-A-94
6)	8550.05.06	EXECUTE A ROLLING KNEEBAR		X			12	Sgt		6-A-95
7)	8550.05.07	EXECUTE COUNTER PISTOL TO THE HEAD		X			12	Sgt		6-A-96
8)	8550.05.08	EXECUTE UPPER BODY STRIKES		X			12	Sgt		6-A-97
9)	8550.05.09	EXECUTE KNIFE TECHNIQUES		X			12	Sgt		6-A-97
10)	8550.05.10	EMPLOY IMPROVISED WEAPONS		X			12	Sgt		6-A-98
11)	8550.05.11	PARTICIPATE IN FREE SPARRING		X			12	Sgt		6-A-100
12)	8550.05.12	DISCUSS THE CONCEPT OF "THE ETERNAL STUDENT"		X	X		12	Sgt		6-A-101
13)	8550.05.13	DISCUSS THE CONCEPT OF "THE LEADER AND THE FOLLOWER"		X	X		12	Sgt		6-A-102
14)	8550.05.14	DISCUSS EXPEDITIONARY MANEUVER WARFARE		X	X		12	Sgt		6-A-103
15)	8550.05.15	DISCUSS LEADERSHIP STYLES		X	X		12	Sgt		6-A-103
16)	8550.05.16	DISCUSS SUSTAINING THE TRANSFORMATION		X	X		12	Sgt		6-A-104
17)	8550.05.17	DISCUSS MENTORING		X	X		12	Sgt		6-A-105
18)	8550.05.18	DISCUSS TACTICAL DECISION MAKING		X	X		12	Sgt		6-A-106

ENCLOSURE (3)

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
19)	8550.05.19	DISCUSS INSTILLING AND DEVELOPING VALUES		X	X		12	Sgt		6-A-106
20)	8550.05.20	DISCUSS OPERATIONAL RISK MANAGEMENT		X	X		12	Sgt		6-A-107
21)	8550.05.21	DISCUSS ETHICAL LEADERSHIP		X	X		12	Sgt		6-A-108
22)	8550.05.22	DISCUSS DEVELOPING SUBORDINATE LEADERS		X	X		12	Sgt		6-A-109
23)	8550.05.23	APPLY THE ADVANCED ELEMENTS OF ANATOMY AND PHYSIOLOGY		X			12	Sgt		6-A-109
24)	8550.05.24	DISCUSS A MARTIAL CULTURE		X			12	Sgt		6-A-110
25)	8550.05.25	DISCUSS THE COMBAT MINDSET		X			12	Sgt		6-A-111
26)	8550.05.26	DISCUSS SYSTEMS OF THE HUMAN BODY		X			12	Sgt		6-A-112
27)	8550.05.27	DISCUSS DISCUSSION LEADING TECHNIQUES		X			12	Sgt		6-A-112
28)	8550.05.28	DISCUSS THE CONCEPT OF THE "MASTER AT ARMS"		X			12	Sgt		6-A-113
29)	8550.05.29	PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM		X			12	Sgt		6-A-114

DUTY AREA 06 - BLACK BELT (2ND DEGREE)

1)	8550.06.01	EXECUTE THE MCMAP ENGAGEMENT PATTERN					12	SSgt		6-A-116
2)	8550.06.02	APPLY COACHING TECHNIQUES					12	SSgt		6-A-117
3)	8550.06.03	DEVELOP AN ELEMENT OF MARTIAL CULTURE ANALYSIS (EMCA)					12	SSgt		6-A-118

DUTY AREA 07 - BLACK BELT (3RD DEGREE)

1)	8550.07.01	INSTRUCT THE MCMAP ENGAGEMENT PATTERN					12	SSgt		6-A-119
2)	8550.07.02	DEVELOP A MCMAP UNIT TRAINING INTEGRATION PLAN (UTIP)					12	SSgt		6-A-120

DUTY AREA 08 - BLACK BELT (4TH DEGREE)

1)	8550.08.01	OBTAIN 1ST DEGREE BLACK BELT IN AN APPROVED MARTIAL ART					12	GySgt		6-A-121
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MOS 8551, Martial Arts Instructor

DUTY AREA 01 - BASIC MARTIAL ARTS INSTRUCTOR SKILLS

1)	8551.01.01	PREPARE FOR INSTRUCTION		X	X		36	Cpl		6-B-1
2)	8551.01.02	DELIVER A MARTIAL ARTS PERIOD OF INSTRUCTION		X	X		36	Cpl		6-B-2
3)	8551.01.03	ADMINISTER BELT ACHIEVEMENT RANKING TEST	X	X	X		36	Cpl		6-B-2
4)	8551.01.04	MAINTAIN MCMAP RECORDS		X	X		36	Cpl		6-B-3
5)	8551.01.05	SUPERVISE FREE SPARRING		X	X		36	Cpl		6-B-4
6)	8551.01.06	EMPLOY OPERATIONAL RISK MANAGEMENT (ORM)	X	X			36	Cpl		6-B-5
7)	8551.01.07	EMPLOY THE CONTINUUM OF FORCE		X	X		36	Cpl		6-B-6
8)	8551.01.08	IDENTIFY THE BASIC ELEMENTS OF ANATOMY AND PHYSIOLOGY		X	X		36	Cpl		6-B-7
9)	8551.01.09	EXPLAIN THE STRUCTURE OF MCMAP		X	X		36	Cpl		6-B-7
10)	8551.01.10	EXPLAIN THE COMPONENTS OF WELLNESS		X	X	X	36	Cpl		6-B-8
11)	8551.01.11	EXPLAIN THE FUNCTIONAL COMPONENTS OF MCMAP INSTRUCTIONAL METHODOLOGY		X	X		36	Cpl		6-B-9

ENCLOSURE (3)

DUTY AREA 02 - CONDUCT THE COMBAT CONDITIONING PROGRAM

1)	8551.02.01	REVIEW THE COMBAT CONDITIONING PROGRAM	X	X		36 Cpl	6-B-11
2)	8551.02.02	IMPLEMENT THE COMBAT CONDITIONING PROGRAM	X	X		36 Cpl	6-B-12
3)	8551.02.03	SUPERVISE THE COMBAT CONDITIONING PROGRAM	X	X		36 Cpl	6-B-12

DUTY AREA 03 - CONDUCT SUSTAINMENT AND INTEGRATION TRAINING

1)	8551.03.01	CONDUCT SUSTAINMENT	X	X		36 Cpl	6-B-14
2)	8551.03.02	CONDUCT INTEGRATION	X	X		36 Cpl	6-B-14

DUTY AREA 04 - INSTRUCT THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

1)	8551.04.01	INSTRUCT BELT LEVELS	X	X		36 Cpl	6-B-16
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DUTY AREA 05 - CONDUCT THE COMBATIVE SPORTS PROGRAM

1)	8551.05.01	JUDGE A STRIKING BOUT	X	X		36 Cpl	6-B-17
2)	8551.05.02	JUDGE A GRAPPLING BOUT	X	X		36 Cpl	6-B-17

MOS 8552, Martial Arts Instructor Trainer

DUTY AREA 01 - MARTIAL ARTS INSTRUCTOR TRAINER SKILLS

1)	8552.01.01	APPLY THE COMPONENTS OF THE MCMAP "TRAIN THE TRAINER" PHILOSOPHY	X	X		36 Sgt	6-C-1
2)	8552.01.02	ADMINISTER MAIT LEVEL TESTS	X	X	X	36 Sgt	6-C-2
3)	8552.01.03	PREPARE AN INSTRUCTOR TO ADMINISTER BELT ACHIEVEMENT RANKING TEST	X	X	X	36 Sgt	6-C-2
4)	8552.01.04	PREPARE AN INSTRUCTOR TO MAINTAIN MCMAP RECORDS	X	X		36 Sgt	6-C-3
5)	8552.01.05	SUPERVISE FREE SPARRING	X	X		36 Sgt	6-C-4
6)	8552.01.06	PREPARE AN INSTRUCTOR TO SUPERVISE FREE SPARRING	X	X		36 Sgt	6-C-5
7)	8552.01.07	COMPLETE AN OPERATIONAL RISK ASSESSMENT (ORA) ON A MARTIAL ARTS PERIOD OF INSTRUCTION	X	X		36 Sgt	6-C-6
8)	8552.01.08	PREPARE AN INSTRUCTOR TO REVIEW A COMPLETED OPERATIONAL RISK ASSESSMENT (ORA) ON A MARTIAL ARTS PERIOD OF INSTRUCTION	X	X		36 Sgt	6-C-7
9)	8552.01.09	PREPARE AN INSTRUCTOR TO EMPLOY THE CONTINUUM OF FORCE	X	X		36 Sgt	6-C-8
10)	8552.01.10	INSTRUCT THE BASIC ELEMENTS OF ANATOMY AND PHYSIOLOGY	X	X		36 Sgt	6-C-9
11)	8552.01.11	INSTRUCT THE STRUCTURE OF MCMAP	X	X		36 Sgt	6-C-9
12)	8552.01.12	INSTRUCT THE COMPONENTS OF WELLNESS	X	X	X	36 Sgt	6-C-10
13)	8552.01.13	INSTRUCT THE FUNCTIONAL COMPONENTS OF MCMAP INSTRUCTIONAL METHODOLOGY	X	X		36 Sgt	6-C-11

ENCLOSURE (3)

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
14)	8552.01.14	APPLY THE THEORETICAL COMPONENTS OF THE MCMAP "TRAIN THE TRAINER" PHILOSOPHY	X	X			36	Sgt		6-C-12
15)	8552.01.15	REACT TO CHEMICAL SPRAY	X	X			36	Sgt		6-C-13
<u>DUTY AREA 02 - DEVELOP A LOCAL COMBAT CONDITIONING PROGRAM</u>										
1)	8552.02.01	DEVELOP A LOCAL COMBAT CONDITIONING PROGRAM	X	X			36	Sgt		6-C-15
2)	8552.02.02	SUPERVISE THE IMPLEMENTATION OF THE COMBAT CONDITIONING PROGRAM	X	X			36	Sgt		6-C-16
3)	8552.02.03	MANAGE A LOCAL COMBAT CONDITIONING PROGRAM	X	X			36	Sgt		6-C-17
<u>DUTY AREA 03 - DEVELOP A LOCAL SUSTAINMENT AND INTEGRATION TRAINING PROGRAM</u>										
1)	8552.03.01	DEVELOP A LOCAL SUSTAINMENT PROGRAM	X	X			36	Sgt		6-C-18
2)	8552.03.02	DEVELOP A LOCAL INTEGRATION PROGRAM	X	X			36	Sgt		6-C-19
<u>DUTY AREA 04 - INSTRUCT THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)</u>										
1)	8552.04.01	INSTRUCT BELT LEVELS	X	X	X		36	Sgt		6-C-20
<u>DUTY AREA 05 - DEVELOP A LOCAL COMBATIVE SPORTS PROGRAM</u>										
1)	8552.05.01	REFEREE A STRIKING BOUT	X	X			36	Sgt		6-C-22
2)	8552.05.02	REFEREE A GRAPPLING BOUT	X	X			36	Sgt		6-C-23

COMMON INDIVIDUAL TRAINING STANDARDS

1. General. This enclosure lists the ITS tasks common to more than one MOS within the OccFld. It is designed to assist the trainer in consolidating training for common tasks.

2. Format. The columns are as follows:

a. TASK TITLE. A listing of all tasks common to at least two MOSs.

b. COMMON TASK NUMBERS. A listing of the ITS designators for all ITSs containing the same task title.

<u>TASK TITLE</u>	<u>COMMON TASK NUMBERS</u>		
DISCUSS A MARTIAL CULTURE	8550.02.28 8550.05.24	8550.03.23	8550.04.23
EMPLOY WEAPONS OF OPPORTUNITY	8550.01.16 8550.04.10	8550.02.13	8550.03.09
EXECUTE ARMED MANIPULATIONS	8550.01.14	8550.02.10	
EXECUTE BAYONET TECHNIQUES	8550.01.04 8550.04.01	8550.02.01	8550.03.01
EXECUTE COUNTERS TO HOLDS	8550.01.12	8550.02.08	
EXECUTE COUNTERS TO STRIKES	8550.01.10	8550.02.06	8550.03.05
EXECUTE GROUND FIGHTING	8550.02.14 8550.05.03	8550.03.10	8550.04.02
EXECUTE KNIFE TECHNIQUES	8550.01.15 8550.04.08	8550.02.11	8550.03.07
EXECUTE LOWER BODY STRIKES	8550.01.07	8550.02.03	
EXECUTE NONLETHAL BATON TECHNIQUES	8550.02.12	8550.03.08	8550.04.09
EXECUTE UNARMED MANIPULATIONS	8550.01.13	8550.02.09	8550.03.06
EXECUTE UPPER BODY STRIKES	8550.01.06	8550.02.02	8550.05.08
INSTRUCT BELT LEVELS	8551.04.01	8552.04.01	
PARTICIPATE IN FREE SPARRING	8550.02.15 8550.05.11	8550.03.11	8550.04.11
PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM	8550.02.31 8550.05.29	8550.03.26	8550.04.26
SUPERVISE FREE SPARRING	8551.01.05	8552.01.05	

ENCLOSURE (4)

TRAINING SUPPORT

1. This enclosure summarizes five categories of training support by ITS for the entire OccFld:

Appendix A: References

Appendix B: Training Materiel

Appendix C: Ammunition, Explosives, and Pyrotechnics

Appendix D: Distance Learning Products

Appendix E: Performance Support Tools

2. If support identified in any appendix is not applicable to this OccFld, the appendix will include a statement to that effect.

REFERENCES

1. General. References are doctrinal publications, technical manuals, and other publications upon which an ITS and its performance steps are based. They should be readily available and provide the detailed procedures for accomplishing the task. This section includes a list of all reference publications associated with any task in this OccFld.

2. Format. The columns are as follows:

a. REFERENCES. This column summarizes all references associated with at least one ITS task in this OccFld.

b. TASK NUMBERS. A listing of all ITS tasks to which the corresponding reference is associated.

<u>REFERENCES</u>	<u>TASK NUMBERS</u>			
CC, Combat Conditioning: The Classic U.S. Marine Corps Physical Training and Hand-to-and Combat Course, Paladin Press, Copyright 2001	8550.01.29			
CJCSIROE, CJCS Instruction 3121.01_ Rules of Engagement	8550.04.20			
CMOH, United States of America's Congressional Medal of Honor Recipients and their Offical Citations, Edited by: R. J. (Bob) Proft, Highland House Press	8550.01.22			
FSIC, Instructional Management School, Formal School Instructor Curriculum	8550.02.29 8551.01.10 8552.01.12	8551.01.01 8551.04.01 8552.04.01	8551.01.08 8552.01.10	8551.01.09 8552.01.11
HMNCO, Handbook for Marine Noncommissioned Officers, Fourth Edition 1996, Col R.D. Heinl Jr	8550.04.17	8550.04.18		
MCDP 1, Warfighting	8550.05.14			
MCDP 1-3, Tactics	8550.05.18			
MCM, Marine Corps Manual	8550.02.25			
MCO 1000.10_, The Marine Corps Substance Abuse Program	8550.01.24			
MCO 1000.9_, Sexual Harassment	8550.03.17			
MCO 1500.52_, Marine Combat Water Survival Training	8550.02.31 8551.02.01	8550.03.26 8551.02.02	8550.04.26 8551.02.03	8550.05.29 8551.03.01

Appendix A to
ENCLOSURE (5)

MCO 1510.122A
03 DEC 02

REFERENCES	TASK NUMBERS			
	8551.03.02	8551.05.01	8551.05.02	8552.02.01
	8552.02.02	8552.02.03	8552.03.01	8552.03.02
	8552.05.01	8552.05.02		
MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)	8550.01.01	8550.01.02	8550.01.03	8550.01.04
	8550.01.05	8550.01.06	8550.01.07	8550.01.08
	8550.01.09	8550.01.10	8550.01.11	8550.01.12
	8550.01.13	8550.01.14	8550.01.15	8550.01.16
	8550.01.17	8550.01.18	8550.01.19	8550.01.20
	8550.01.21	8550.01.22	8550.01.23	8550.01.24
	8550.01.25	8550.01.26	8550.01.27	8550.01.28
	8550.01.29	8550.01.30	8550.02.01	8550.02.02
	8550.02.03	8550.02.04	8550.02.05	8550.02.06
	8550.02.07	8550.02.08	8550.02.09	8550.02.10
	8550.02.11	8550.02.12	8550.02.13	8550.02.14
	8550.02.15	8550.02.16	8550.02.17	8550.02.18
	8550.02.19	8550.02.20	8550.02.21	8550.02.22
	8550.02.23	8550.02.24	8550.02.25	8550.02.26
	8550.02.27	8550.02.28	8550.02.29	8550.02.30
	8550.02.31	8550.03.01	8550.03.02	8550.03.03
	8550.03.04	8550.03.05	8550.03.06	8550.03.07
	8550.03.08	8550.03.09	8550.03.10	8550.03.11
	8550.03.12	8550.03.13	8550.03.14	8550.03.15
	8550.03.16	8550.03.17	8550.03.18	8550.03.19
	8550.03.20	8550.03.21	8550.03.22	8550.03.23
	8550.03.24	8550.03.25	8550.03.26	8550.04.01
	8550.04.02	8550.04.03	8550.04.04	8550.04.05
	8550.04.06	8550.04.07	8550.04.08	8550.04.09
	8550.04.10	8550.04.11	8550.04.12	8550.04.13
	8550.04.14	8550.04.15	8550.04.16	8550.04.17
	8550.04.18	8550.04.19	8550.04.20	8550.04.21
	8550.04.22	8550.04.23	8550.04.24	8550.04.25
	8550.04.26	8550.05.01	8550.05.02	8550.05.03
	8550.05.04	8550.05.05	8550.05.06	8550.05.07
	8550.05.08	8550.05.09	8550.05.10	8550.05.11
	8550.05.12	8550.05.13	8550.05.14	8550.05.15
	8550.05.16	8550.05.17	8550.05.18	8550.05.19
	8550.05.20	8550.05.21	8550.05.22	8550.05.23
	8550.05.24	8550.05.25	8550.05.26	8550.05.27
	8550.05.28	8550.05.29	8550.06.01	8550.06.02
	8550.06.03	8550.07.01	8550.07.02	8550.08.01
	8551.01.01	8551.01.02	8551.01.03	8551.01.04
	8551.01.05	8551.01.06	8551.01.07	8551.01.08
	8551.01.09	8551.01.10	8551.01.11	8551.02.01
	8551.02.02	8551.02.03	8551.03.01	8551.03.02
	8551.04.01	8551.05.01	8551.05.02	8552.01.01
	8552.01.02	8552.01.03	8552.01.04	8552.01.05
	8552.01.06	8552.01.07	8552.01.08	8552.01.09
	8552.01.10	8552.01.11	8552.01.12	8552.01.13
	8552.01.14	8552.01.15	8552.02.01	8552.02.02
	8552.02.03	8552.03.01	8552.03.02	8552.04.01
	8552.05.01	8552.05.02		

Appendix A to
ENCLOSURE (5)

REFERENCES	TASK NUMBERS			
MCO 1500.55_, Military Thinking and Decision Making Exercises	8550.05.18			
MCO 1500.56_, Marine Corps Values Program	8550.01.17	8550.01.18		
MCO 1553.1_, The Marine Corps Training and Education System	8550.02.29	8551.01.01	8551.01.02	8551.01.03
	8551.01.04	8551.01.05	8551.01.06	8551.01.10
	8551.04.01	8552.01.01	8552.01.02	8552.01.03
	8552.01.04	8552.01.05	8552.01.06	8552.01.07
	8552.01.08	8552.01.12	8552.04.01	
MCO 1700.28_, Hazing	8550.02.19			
MCO 3500.27_, Operational Risk Management	8550.03.25	8550.05.20	8551.01.06	8551.02.01
	8551.02.02	8551.02.03	8551.03.01	8551.03.02
	8551.05.01	8551.05.02	8552.01.07	8552.01.08
	8552.02.01	8552.02.02	8552.02.03	8552.03.01
	8552.03.02	8552.05.01	8552.05.02	
MCO 5100.29_, USMC Safety Program	8550.04.21			
MCO 5100.30_, Marine Corps Off-Duty and Recreation Safety Program	8550.04.21			
MCO 5390.2_, Leadership Training and Education	8550.01.20	8550.01.21	8550.04.24	
MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force	8550.01.13	8550.01.14	8550.01.30	8550.02.09
	8550.02.10	8550.02.12	8550.02.13	8550.02.30
	8552.01.15			
MCO P1070.12_, Marine Corps Individual Records Administration Manual	8550.04.19			
MCO P1553.4_, Professional Military Education (PME)	8550.05.12			
MCO P1560.25_, Marine Cops Life Long Learning Program	8550.05.12			
MCO P1610.7_, Performance Evaluation System	8550.04.19			
MCO P1700.29, Marine Corps Semper Fit Program Manual	8550.02.29	8551.01.10	8552.01.12	
MCO P5354.1_, Marine Corps Equal Opportunity Manual (Short Title: EOM)	8550.03.17			
MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)	8550.02.29	8550.02.31	8550.03.26	8550.04.26
	8550.05.29	8551.01.10	8551.02.01	8551.02.02
	8551.02.03	8551.03.01	8551.03.02	8551.05.01
	8551.05.02	8552.01.12	8552.02.01	8552.02.02
	8552.02.03	8552.03.01	8552.03.02	8552.05.01

REFERENCES	TASK NUMBERS			
	8552.05.02			
MCRP 3-02A, Physical Readiness Training for Combat	8550.02.29	8550.02.31	8550.03.24	8550.03.25
	8550.03.26	8550.04.26	8550.05.29	8551.01.10
	8551.02.01	8551.02.02	8551.02.03	8551.03.01
	8551.05.01	8551.05.02	8552.01.12	8552.02.01
	8552.02.02	8552.02.03	8552.03.01	8552.05.01
	8552.05.02			
MCRP 3-02B, Marine Corps Martial Arts	8550.01.01	8550.01.02	8550.01.03	8550.01.04
	8550.01.05	8550.01.06	8550.01.07	8550.01.08
	8550.01.09	8550.01.10	8550.01.11	8550.01.12
	8550.01.13	8550.01.14	8550.01.15	8550.01.16
	8550.01.29	8550.01.30	8550.02.01	8550.02.02
	8550.02.03	8550.02.04	8550.02.05	8550.02.06
	8550.02.07	8550.02.08	8550.02.09	8550.02.10
	8550.02.11	8550.02.12	8550.02.13	8550.02.14
	8550.02.15	8550.02.29	8550.02.30	8550.02.31
	8550.03.01	8550.03.02	8550.03.03	8550.03.04
	8550.03.05	8550.03.06	8550.03.07	8550.03.08
	8550.03.09	8550.03.10	8550.03.11	8550.03.24
	8550.03.25	8550.03.26	8550.04.01	8550.04.02
	8550.04.03	8550.04.04	8550.04.05	8550.04.06
	8550.04.07	8550.04.08	8550.04.09	8550.04.10
	8550.04.11	8550.04.26	8550.05.01	8550.05.02
	8550.05.03	8550.05.04	8550.05.05	8550.05.06
	8550.05.07	8550.05.08	8550.05.09	8550.05.10
	8550.05.11	8550.05.23	8550.05.29	8550.06.01
	8550.06.02	8550.06.03	8550.07.01	8550.07.02
	8550.08.01	8551.01.01	8551.01.02	8551.01.03
	8551.01.04	8551.01.05	8551.01.06	8551.01.07
	8551.01.08	8551.01.09	8551.01.10	8551.01.11
	8551.02.01	8551.02.02	8551.02.03	8551.03.01
	8551.03.02	8551.04.01	8551.05.01	8551.05.02
	8552.01.01	8552.01.02	8552.01.03	8552.01.04
	8552.01.05	8552.01.06	8552.01.07	8552.01.08
	8552.01.09	8552.01.10	8552.01.11	8552.01.12
	8552.01.13	8552.01.14	8552.01.15	8552.02.01
	8552.02.02	8552.02.03	8552.03.01	8552.03.02
	8552.04.01	8552.05.01	8552.05.02	
MCRP 3-02C, Marine Combat Water Survival	8550.02.29	8551.01.10	8552.01.12	
MCRP 3-02D, Combating Terrorism	8550.03.16			
MCRP 3-02E, Individual's Guide for Understanding and Surviving Terrorism	8550.03.16			
MCRP 3-02G, First Aid	8550.02.29	8550.03.24	8550.05.23	8550.05.26
	8551.01.10	8552.01.12		
MCRP 5-12.1A, The Law of Land Warfare	8550.04.16			

Appendix A to
ENCLOSURE (5)

REFERENCES	TASK NUMBERS			
MCRP 6-11B, Discussion Guide for Marine Corps Values	8550.01.18	8550.01.20	8550.01.21	8550.01.22
	8550.01.23	8550.01.24	8550.01.25	8550.01.26
	8550.01.27	8550.01.28	8550.01.30	8550.02.16
	8550.02.17	8550.02.18	8550.02.20	8550.02.21
	8550.02.22	8550.02.23	8550.02.24	8550.02.25
	8550.02.26	8550.02.27	8550.02.30	8550.03.12
	8550.03.13	8550.03.14	8550.03.15	8550.03.16
	8550.03.17	8550.03.18	8550.03.19	8550.03.20
	8550.03.21	8550.03.22	8550.03.25	8550.04.12
	8550.04.14	8550.04.15	8550.04.16	8550.04.17
	8550.04.18	8550.04.19	8550.04.22	8550.04.24
	8550.04.25	8550.05.12	8550.05.13	8550.05.15
	8550.05.16	8550.05.17	8550.05.19	8550.05.21
	8550.05.22	8550.05.25	8550.05.26	8550.05.27
	8550.05.28	8551.01.07	8552.01.09	
MCRP 6-11C, Combat Stress	8550.01.19			
MCRP 6-11D, Sustaining the Transformation	8550.01.22	8550.04.13	8550.04.15	8550.04.17
	8550.05.16			
MCRP 6-11_, A Book on Books	8550.05.12			
MCSATG, Marine Corps Systems Approach to Training Guide	8551.01.01	8551.01.02	8551.01.03	8551.01.05
	8551.04.01	8552.01.01	8552.01.02	8552.01.03
	8552.01.05	8552.01.06	8552.04.01	
MCWP 4-11.1, Health Service Support Operations	8550.05.23			
MCWP 6-11, Leading Marines	8550.01.20	8550.01.21	8550.01.22	8550.02.16
	8550.02.25	8550.02.26	8550.03.21	8550.03.22
	8550.04.22	8550.04.24	8550.04.25	8550.05.15
	8550.05.21	8550.05.25	8550.05.26	8550.05.27
	8550.05.28			
MMCS, MACE Approved Martial Culture Study	8550.02.28	8550.03.23	8550.04.23	8550.05.24
MOG, Marine Officer's Guide, Sixth Edition 1996, Edited by LtCol K.L. Estes, Naval Institute Press	8550.04.17	8550.04.18		
MWS, MACE Approved Warrior Study	8550.01.05	8550.01.07	8550.01.12	8550.01.14
	8550.01.16	8550.01.22	8550.02.14	8550.02.15

TRAINING MATERIEL

1. General. Training materiel includes all training devices, simulators, aids, equipment, and materials [except ammunition, distance learning (DL) products, and performance support tools (PST)] required or recommended to properly train the task under the specified conditions and to the specified standard.

2. Format. The columns are as follows:

a. MATERIEL. This column summarizes all training materiel used in support of at least one ITS task in this OccFld.

b. TASK NUMBERS. A listing of all ITS tasks supported by the corresponding training support item in the Materiel column. An asterisk (*) precedes any task for which the training support item is mandatory for execution of the task.

<u>MATERIEL</u>	<u>TASK NUMBERS</u>				
782 Gear Plus (782+)	*8550.02.01	*8550.02.02	*8550.02.03	*8550.02.04	*8550.02.05
	*8550.02.06	*8550.02.07	*8550.02.08	*8550.02.09	*8550.02.10
	*8550.02.11	*8550.02.12	*8550.02.13	*8550.02.14	*8550.02.15
	*8550.02.16	*8550.02.17	*8550.02.18	*8550.02.19	*8550.02.20
	*8550.02.21	*8550.02.22	*8550.02.23	*8550.02.24	*8550.02.25
	*8550.02.26	*8550.02.27	*8550.02.28	*8550.02.29	*8550.02.30
	*8550.02.31	*8550.03.01	*8550.03.02	*8550.03.03	*8550.03.04
	*8550.03.05	*8550.03.06	*8550.03.07	*8550.03.08	*8550.03.09
	*8550.03.10	*8550.03.11	*8550.03.12	*8550.03.13	*8550.03.14
	*8550.03.15	*8550.03.16	*8550.03.17	*8550.03.18	*8550.03.19
	*8550.03.20	*8550.03.21	*8550.03.22	*8550.03.23	*8550.03.24
	*8550.03.25	*8550.03.26	*8550.04.01	*8550.04.02	*8550.04.03
	*8550.04.04	*8550.04.05	*8550.04.06	*8550.04.07	*8550.04.08
	*8550.04.09	*8550.04.10	*8550.04.11	*8550.04.12	*8550.04.13
	*8550.04.14	*8550.04.15	*8550.04.16	*8550.04.17	*8550.04.18
	*8550.04.19	*8550.04.20	*8550.04.21	*8550.04.22	*8550.04.23
	*8550.04.24	*8550.04.25	*8550.04.26	*8550.05.01	*8550.05.02
	*8550.05.03	*8550.05.04	*8550.05.05	*8550.05.06	*8550.05.07
	*8550.05.08	*8550.05.09	*8550.05.10	*8550.05.11	*8550.05.12
	*8550.05.13	*8550.05.14	*8550.05.15	*8550.05.16	*8550.05.17
	*8550.05.18	*8550.05.19	*8550.05.20	*8550.05.21	*8550.05.22
	*8550.05.23	*8550.05.24	*8550.05.25	*8550.05.26	*8550.05.27
	*8550.05.28	*8550.05.29	*8550.06.01	*8550.06.02	*8550.07.01
	*8551.01.01	*8551.01.02	*8551.01.03	*8551.01.04	*8551.01.05
	*8551.02.01	*8551.02.02	*8551.02.03	*8551.03.01	*8551.03.02
	*8551.04.01	*8551.05.01	*8551.05.02	*8552.01.01	*8552.01.02
	*8552.01.03	*8552.01.04	*8552.01.05	*8552.01.06	*8552.01.09
	*8552.01.10	*8552.01.15	*8552.02.01	*8552.02.02	*8552.02.03
	*8552.03.01	*8552.03.02	*8552.04.01	*8552.05.01	*8552.05.02
Appropriate Instructional Setting	*8551.01.01	*8551.01.02	*8551.01.03	*8551.01.04	*8551.01.06
	*8551.01.07	*8551.01.08	*8551.01.09	*8551.01.10	*8551.01.11
	*8551.02.01	*8551.02.02	*8551.02.03	*8551.03.01	*8551.03.02
	*8551.04.01	*8551.05.01	*8551.05.02	*8552.01.01	*8552.01.02

MATERIEL	TASK NUMBERS				
	*8552.01.03	*8552.01.04	*8552.01.07	*8552.01.08	*8552.01.09
	*8552.01.10	*8552.01.11	*8552.01.12	*8552.01.13	*8552.01.14
	*8552.01.15	*8552.02.01	*8552.02.02	*8552.02.03	*8552.03.01
	*8552.03.02	*8552.04.01	*8552.05.01	*8552.05.02	
Bayonet Training Protective Gear 1 (BTPG1)	*8550.02.01	*8550.02.15	*8550.03.01	*8550.03.11	*8550.04.01
	*8550.04.11	*8550.05.01	*8550.05.11	*8550.06.01	*8550.06.02
	*8550.07.01	*8552.01.05			
Black Leather Gloves	*8550.01.02	*8550.03.11	*8550.05.11		
Curriculum Materials	*8551.01.01	*8551.01.02	*8551.01.06	*8551.01.07	*8551.01.08
	*8551.01.09	*8551.01.10	*8551.01.11	*8551.02.01	*8551.02.02
	*8551.02.03	*8551.03.01	*8551.03.02	*8551.04.01	*8552.01.01
	*8552.01.07	*8552.01.08	*8552.01.09	*8552.01.10	*8552.01.11
	*8552.01.12	*8552.01.13	*8552.01.14	*8552.01.15	*8552.02.01
	*8552.02.02	*8552.02.03	*8552.03.01	*8552.03.02	*8552.04.01
Entrenching Tool	*8550.02.13	*8550.03.09	*8550.04.10		
Eye Protection	*8550.02.11	*8550.02.15	*8550.03.07	*8550.03.11	*8550.04.08
	*8550.04.11	*8550.05.09	*8550.05.10	*8550.05.11	*8551.01.05
	*8552.01.05	*8552.01.06			
Groin Protection	*8550.02.11	*8550.03.07	*8550.04.08	*8550.05.09	*8550.05.10
Mouthpiece	*8550.01.03	*8550.01.06	*8550.01.07	*8550.01.08	*8550.01.09
	*8550.01.10	*8550.01.11	*8550.01.12	*8550.01.13	*8550.01.14
	*8550.02.02	*8550.02.03	*8550.02.04	*8550.02.05	*8550.02.06
	*8550.02.07	*8550.02.08	*8550.02.09	*8550.02.10	*8550.02.11
	*8550.02.12	*8550.02.13	*8550.02.14	*8550.03.01	*8550.03.02
	*8550.03.03	*8550.03.04	*8550.03.05	*8550.03.06	*8550.03.07
	*8550.03.08	*8550.03.09	*8550.03.10	*8550.03.11	*8550.04.01
	*8550.04.02	*8550.04.03	*8550.04.04	*8550.04.05	*8550.04.06
	*8550.04.07	*8550.04.08	*8550.04.09	*8550.04.10	*8550.05.01
	*8550.05.02	*8550.05.03	*8550.05.04	*8550.05.05	*8550.05.06
	*8550.05.07	*8550.05.08	*8550.05.09	*8550.05.10	*8550.05.11
NAVMC 11432	*8551.01.04	*8552.01.04			
ORM Matrix	*8551.01.06	*8552.01.07	*8552.01.08		
Oleoresin Capsicum Spray	*8552.01.15				
Performance Checklist	*8551.01.03	*8552.01.02	*8552.01.03		
Pistol Holster	*8550.04.06	*8550.04.07	*8550.05.07		
Pugil Stick Protective Gear 1 (PPG1)	*8550.01.05	*8550.02.15	*8550.03.11	*8550.04.11	*8550.05.11
	*8551.01.05	*8552.01.05	*8552.01.06		
Pugil Sticks	*8550.01.05	*8550.02.15	*8550.03.11	*8550.04.11	*8550.05.11
	*8551.01.05	*8552.01.05	*8552.01.06		

<u>MATERIEL</u>	<u>TASK NUMBERS</u>				
Rope	*8550.05.10				
Service Rifle	*8550.01.04	*8550.01.14	*8550.02.10		
Sheathed Bayonet	*8550.01.04				
Striking Pad	*8550.01.02	*8550.01.06	*8550.01.07	*8550.02.02	*8550.02.03
	*8550.02.12	*8550.03.08	*8550.04.09	*8550.05.08	
Training Baton	*8550.02.12	*8550.02.15	*8550.03.08	*8550.03.11	*8550.04.09
	*8550.04.10	*8550.04.11	*8550.05.11		
Training Knife	*8550.01.15	*8550.02.11	*8550.02.15	*8550.03.07	*8550.03.11
	*8550.04.08	*8550.04.11	*8550.05.09	*8550.05.11	*8550.06.01
	*8550.06.02	*8550.07.01	*8551.01.05	*8552.01.05	*8552.01.06
Training Pistol	*8550.04.06	*8550.04.07	*8550.05.07		
Training Stick	*8550.01.16	*8550.02.13	*8550.03.09	*8550.04.05	*8550.04.10
	*8550.05.10	*8550.06.01	*8550.06.02	*8550.07.01	*8551.01.05
	*8552.01.05	*8552.01.06			
Utility Uniform	*8550.01.05				
Wire	*8550.05.10				
Wooden Bayonet Trainer	*8550.02.01	*8550.02.15	*8550.03.11	*8550.04.11	*8550.05.01
	*8550.05.11	*8550.06.01	*8550.06.02	*8550.07.01	*8551.01.05
	*8552.01.05				

AMMUNITION, EXPLOSIVES, AND PYROTECHNICS

DOES NOT APPLY TO THIS ORDER.

DISTANCE LEARNING PRODUCTS

1. General. This appendix includes a list of all currently available or planned distance learning (DL) products, including Marine Corps Institute (MCI) publications, designed to provide training related to any task in this OccFld.

2. Format. The columns are as follows:

a. DISTANCE LEARNING PRODUCTS. This column summarizes all DL products assigned to at least one ITS task in this OccFld.

b. TASK NUMBERS. A listing of all ITS tasks associated with the corresponding DL product.

<u>DISTANCE LEARNING PRODUCTS</u>	<u>TASK NUMBERS</u>			
MCI 01.12, Counseling for Marines	8550.04.14	8550.04.19	8550.05.17	
MCI 02.10, Terrorism Awareness	8550.03.16			
MCI 03.24, Operations Against Guerrilla Units	8550.03.16			
MCI 03.33, Fundamentals of Marine Corps Leadership	8550.01.20 8550.02.18	8550.01.21 8550.04.18	8550.01.26	8550.02.17
MCI 03.80, Infantry Squad Leader: Combat Leadership	8550.01.21	8550.02.17	8550.02.18	8550.04.18
MCI 1334, Math for Marines	8551.01.03	8552.01.02	8552.01.03	
MCI 33.16, Basic Nutrition	8550.02.29	8551.01.10	8552.01.12	
MCI 34.20, Personal Financial Management	8550.01.26			
MCI 3422, Basic Pay and Allowances	8550.01.26			
MCI 7400, Warfighting	8550.05.14	8550.05.18	8552.04.01	
MCI 8010, Sergeants Distance Education Program	8550.05.12 8550.05.16 8550.05.20	8550.05.13 8550.05.17 8550.05.21	8550.05.14 8550.05.18 8550.05.22	8550.05.15 8550.05.19 8552.04.01

PERFORMANCE SUPPORT TOOLS

DOES NOT APPLY TO THIS ORDER.

INDIVIDUAL TRAINING STANDARDS

1. General. This enclosure contains all of the ITSs for this OccFld, grouped by MOS. Each MOS is contained in a separate Appendix to Enclosure (6).

ENCLOSURE (6)

MOS 8550, MARTIAL ARTS MARINE

DUTY AREA 01 - TAN BELT

Belt Rank Achievement Level: Tan Belt

TASK: 8550.01.01 (CORE) APPLY THE FUNDAMENTALS OF MARTIAL ARTS

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute the basic warrior stance.
2. Execute angles of movement.
3. Identify weapons of the body.
4. Identify target areas of the body.
5. Identify ranges of Martial Arts.
6. Execute Martial Arts stretching.
7. Execute body hardening.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.17 (Mental and Character Disciplines of MCMAP).

TASK: 8550.01.02 (CORE) EXECUTE PUNCHES

CONDITION(S): Given black leather gloves, striking pad, and without the aid of the references.

STANDARD(S): In accordance with the references.

MCO 1510.122A
03 DEC 02

PERFORMANCE STEPS:

1. Execute a lead hand punch.
2. Execute a rear hand punch.
3. Execute an uppercut.
4. Execute a hook.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Black Leather Gloves
2. * Striking Pad

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.18 (USMC Core Values Program).

TASK: 8550.01.03 (CORE) EXECUTE FALLS

CONDITION(S): Given mouthpiece and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a front break-fall.
2. Execute a back break-fall.
3. Execute a right side break-fall.
4. Execute a left side break-fall.
5. Execute a right side forward shoulder roll.
6. Execute a left side forward shoulder roll.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

Appendix A to
ENCLOSURE (6)

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.19 (Suicide Awareness and Prevention).
-

TASK: 8550.01.04 (CORE) EXECUTE BAYONET TECHNIQUES

CONDITION(S): Given service rifle, sheathed bayonet, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a straight thrust.
2. Execute a vertical buttstroke.
3. Execute a horizontal buttstroke.
4. Execute a smash.
5. Execute a slash.
6. Execute a parry.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Service Rifle

2. * Sheathed Bayonet

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.20 (Fundamentals of United States Marine Corps Leadership).

TASK: 8550.01.05 (CORE) PARTICIPATE IN A PUGIL STICK BOUT

CONDITION(S): Given PPGL, pugil stick, opponent, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a 1 on 1 pugil stick bout (Pugil Stick I).
2. Participate in a 2 on 1 pugil stick bout (Pugil Stick II).
3. Participate in a 2 on 2 pugil stick bout (Pugil Stick III).

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MWS, MACE Approved Warrior Study

TRAINING MATERIEL:

1. * Pugil Stick Protective Gear 1 (PPGL)
2. * Pugil Sticks
3. * Utility Uniform

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Medical personnel must be present when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. Gloves are required when using older style pugil sticks without built-in hand protection.

5. The Mental and Character Tie-Ins required to be taught in association with this task are: Pugil Stick I - Task 8550.01.21 (Self-Discipline). Pugil Stick II and III - Task 8550.01.22 (Pre-selected Warrior Study).

6. Pugil Stick I is a 1 on 1 bout. Pugil Stick II is a 2 on 1 bout. Pugil Stick III is a 2 on 2 bout.

TASK: 8550.01.06 (CORE) EXECUTE UPPER BODY STRIKES

CONDITION(S): Given striking pad, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute an eye gouge.
2. Execute a horizontal hammer fist strike.
3. Execute a vertical hammer fist strike.
4. Execute a forward horizontal elbow strike.
5. Execute a vertical elbow strike low to high.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Mouthpiece
2. * Striking Pad

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.23 (Sexual Harassment).

TASK: 8550.01.07 (CORE) EXECUTE LOWER BODY STRIKES

CONDITION(S): Given striking pad, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

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PERFORMANCE STEPS:

1. Execute a front kick.
2. Execute a round kick.
3. Execute a vertical knee strike.
4. Execute a vertical stomp.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MWS, MACE Approved Warrior Study

TRAINING MATERIEL:

1. * Mouthpiece
2. * Striking Pad

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.22 (Pre-selected Warrior Study).

TASK: 8550.01.08 (CORE) EXECUTE CHOKES

CONDITION(S): Given opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a rear choke.
2. Execute a Figure 4 variation to the rear choke.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

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TRAINING MATERIEL:

1. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.24 (Substance Abuse Prevention).

TASK: 8550.01.09 (CORE) EXECUTE LEG SWEEP

CONDITION(S): Given opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute entry.
2. Execute off-balancing.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.25 (Equal Opportunity).

TASK: 8550.01.10 (CORE) EXECUTE COUNTERS TO STRIKES

CONDITION(S): Given opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

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PERFORMANCE STEPS:

1. Execute a counter to a rear hand punch.
2. Execute a counter to a rear leg kick.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.26 (Personal Readiness).

TASK: 8550.01.11 (CORE) EXECUTE COUNTER TO REAR CHOKE

CONDITION(S): Given opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute clear the airway.
2. Execute tuck the chin.
3. Execute entry.
4. Execute off-balancing.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

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ENCLOSURE (6)

TRAINING MATERIEL:

1. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.22 (Pre-selected Warrior Study).
 4. Softening techniques are optional.
-

TASK: 8550.01.12 (CORE) EXECUTE COUNTERS TO HOLDS

CONDITION(S): Given opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute counter to a rear headlock.
2. Execute counter to a rear bear hug.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MWS, MACE Approved Warrior Study

TRAINING MATERIEL:

1. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.22 (Pre-selected Warrior Study).
4. Softening techniques are optional.

TASK: 8550.01.13 (CORE) EXECUTE UNARMED MANIPULATIONS

CONDITION(S): Given opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a basic wrist-lock takedown.
2. Execute a reverse wrist-lock.
3. Execute an armbar takedown.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.27 (Fraternization).

TASK: 8550.01.14 (CORE) EXECUTE ARMED MANIPULATIONS

CONDITION(S): Given opponent, service rifle, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute counter to the muzzle grab.
2. Execute counter to the overhand grab.

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3. Execute counter to the underhand grab.
4. Execute a high block.
5. Execute a low block.
6. Execute a mid block.
7. Execute a left block.
8. Execute a right block.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force
3. MCRP 3-02B, Marine Corps Martial Arts
4. MWS, MACE Approved Warrior Study

TRAINING MATERIEL:

1. * Mouthpiece
2. * Service Rifle

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.22 (Pre-selected Warrior Study).

TASK: 8550.01.15 (CORE) EXECUTE KNIFE TECHNIQUES

CONDITION(S): Given training knife and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a vertical slash.
2. Execute a vertical thrust.

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INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Training Knife

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.28 (Sexual Responsibility).

TASK: 8550.01.16 (CORE) EMPLOY WEAPONS OF OPPORTUNITY

CONDITION(S): Given training sticks, a scenario and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify objects that could be used as weapons of opportunity.
2. Execute a straight thrust.
3. Execute a block to a straight thrust.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MWS, MACE Approved Warrior Study

TRAINING MATERIEL:

1. * Training Stick

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. The MAI/MAIT will have a selection of sample weapons of opportunity to demonstrate and choose from.

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ENCLOSURE (6)

3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.22 (Pre-selected Warrior Study).

TASK: 8550.01.17 (CORE) DISCUSS THE MENTAL AND CHARACTER DISCIPLINES OF THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of the word "martial" as it pertains to MCMAP.
2. Discuss the disciplines of MCMAP.
3. Discuss the components of the Mental Discipline of MCMAP.
4. Discuss the components of the Character Discipline of MCMAP.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1500.56_, Marine Corps Values Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.01 (Apply the Fundamentals of Martial Arts).
-

TASK: 8550.01.18 (CORE) DISCUSS THE MARINE CORPS CORE VALUES PROGRAM

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss Marine Corps core values.
2. Discuss the elements of the core value "Honor."
3. Discuss the core value "Courage."
4. Discuss the types of courage.
5. Discuss the core value "Commitment."

6. Discuss the MCMAP discipline which core values is built upon.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1500.56_, Marine Corps Values Program
3. MCRP 6-11B, Discussion Guide for Marine Corps Values

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.02 (Execute Punches).

TASK: 8550.01.19 (CORE) DISCUSS SUICIDE AWARENESS AND PREVENTION

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss persons at risk for suicide.
2. Discuss potential suicide risk signs or signals.
3. Discuss keys to the prevention of a suicide.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11C, Combat Stress

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.03 (Execute Falls).

TASK: 8550.01.20 (CORE) DISCUSS THE FUNDAMENTALS OF UNITED STATES MARINE CORPS LEADERSHIP

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the primary goal of Marine Corps leadership.
2. Discuss the objective of Marine Corps leadership.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5390.2_, Leadership Training and Education
3. MCRP 6-11B, Discussion Guide for Marine Corps Values
4. MCWP 6-11, Leading Marines

DISTANCE LEARNING PRODUCT(S):

1. MCI 03.33, Fundamentals of Marine Corps Leadership

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.04 (Execute Bayonet Techniques).

TASK: 8550.01.21 (CORE) DISCUSS SELF-DISCIPLINE

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of self-discipline.
2. Discuss the most crucial element to developing self-discipline.
3. Discuss the three elements involved in developing self-respect.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5390.2_, Leadership Training and Education
3. MCRP 6-11B, Discussion Guide for Marine Corps Values
4. MCWP 6-11, Leading Marines

DISTANCE LEARNING PRODUCT(S):

1. MCI 03.33, Fundamentals of Marine Corps Leadership
2. MCI 03.80, Infantry Squad Leader: Combat Leadership

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.05 (Participate in a Pugil Stick Bout- Pugil Sticks I).

TASK: 8550.01.22 (CORE) PARTICIPATE IN A WARRIOR STUDY

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss Marine Corps values demonstrated by the Marine involved in the warrior study.
2. Discuss the leadership principles and traits demonstrated by the Marine involved in the warrior study.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. CMOH, United States of America's Congressional Medal of Honor Recipients and their Official Citations, Edited by: R. J. (Bob) Proft, Highland House Press
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 6-11B, Discussion Guide for Marine Corps Values
4. MCRP 6-11D, Sustaining the Transformation
5. MCWP 6-11, Leading Marines
6. MWS, MACE Approved Warrior Study

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching multiple associated tasks.

TASK: 8550.01.23 (CORE) DISCUSS SEXUAL HARASSMENT

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

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ENCLOSURE (6)

PERFORMANCE STEPS:

1. Discuss the DOD definition of sexual harassment.
2. Discuss how sexual harassment impacts a unit's combat readiness.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.06 (Execute Upper Body Strikes).

TASK: 8550.01.24 (CORE) DISCUSS SUBSTANCE ABUSE PREVENTION

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the Marine Corps policy concerning distribution, possession, and use of illegal drugs.
2. Discuss the Marine Corps policy on the use of alcohol.
3. Discuss the Marine Corps policy on the abuse of alcohol.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1000.10_, The Marine Corps Substance Abuse Program
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 6-11B, Discussion Guide for Marine Corps Values

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.08 (Execute Chokes).

TASK: 8550.01.25 (CORE) DISCUSS THE MARINE CORPS EQUAL OPPORTUNITY PROGRAM

CONDITION(S): Without the aid of the references.

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STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of equal opportunity.
2. Discuss prejudicial attitudes that effect equal opportunity.
3. Discuss the Marine Corps policy on equal opportunity.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.09 (Execute Leg Sweep).
-

TASK: 8550.01.26 (CORE) DISCUSS PERSONAL READINESS

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the three components of readiness.
2. Discuss the six components effecting personal readiness.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

DISTANCE LEARNING PRODUCT(S):

1. MCI 03.33, Fundamentals of Marine Corps Leadership
2. MCI 34.20, Personal Financial Management
3. MCI 3422, Basic Pay and Allowances

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.10 (Execute Counters to

Appendix A to
ENCLOSURE (6)

Strikes).

TASK: 8550.01.27 (CORE) DISCUSS FRATERNIZATION

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of fraternization.
2. Discuss the Marine Corps policy on fraternization.
3. Discuss the relationships between Marines that do not normally constitute fraternization.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.13 (Unarmed Manipulations).

TASK: 8550.01.28 (CORE) DISCUSS SEXUAL RESPONSIBILITY

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the MCMAP discipline associated with sexual responsibility.
2. Discuss the values associated with sexual responsibility.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.01.14 (Armed Manipulations).

TASK: 8550.01.29 (CORE) DISCUSS THE HISTORY AND STRUCTURE OF MCMAP

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the MCMAP Belt Ranking Achievement System.
2. Discuss programs of close combat taught by the USMC prior to the implementation of MCMAP.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. CC, Combat Conditioning: The Classic U.S. Marine Corps Physical Training and Hand-to-and Combat Course, Paladin Press, Copyright 2001
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 3-02B, Marine Corps Martial Arts

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

TASK: 8550.01.30 (CORE) DISCUSS THE RESPONSIBLE USE OF FORCE

CONDITION(S): Without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of the term "temper."
2. Discuss the definition of the term "intent."

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)

2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force

3. MCRP 3-02B, Marine Corps Martial Arts

4. MCRP 6-11B, Discussion Guide for Marine Corps Values

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

DUTY AREA 02 - GRAY BELT

Belt Rank Achievement Level: Gray Belt

TASK: 8550.02.01 (CORE PLUS) EXECUTE BAYONET TECHNIQUES

CONDITION(S): Given 782 Gear Plus, opponent dressed in Bayonet Training Protective Gear 1 (BTPG1), wooden bayonet trainer, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute movement in relation to an opponent.
2. Execute approach to an opponent.
3. Execute close with an opponent.
4. Execute entry to an opponent.
5. Execute a disrupt while closing with a stationary opponent.
6. Execute a thrust while closing with a stationary opponent.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.16 (Marine Warrior Ethos).

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TASK: 8550.02.02 (CORE PLUS) EXECUTE UPPER BODY STRIKES

CONDITION(S): Given 782 Gear Plus, striking pad, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute an inside knifehand strike.
2. Execute an outside knifehand strike.
3. Execute a vertical knifehand strike.
4. Execute a chin jab strike.
5. Execute a horizontal rear elbow strike.
6. Execute a vertical elbow strike high to low.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece
3. * Striking Pad

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.17 (Marine Corps Leadership Traits).

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TASK: 8550.02.03 (CORE PLUS) EXECUTE LOWER BODY STRIKES

CONDITION(S): Given 782 Gear Plus, striking pad, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a sidekick.
2. Execute a horizontal knee strike.
3. Execute an axe stomp.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece
3. * Striking Pad

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.18 (Marine Leadership Principles).
-

TASK: 8550.02.04 (CORE PLUS) EXECUTE FRONT CHOKE

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

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PERFORMANCE STEPS:

1. Locate the carotid artery on your opponent.
2. Execute hand placement.
3. Apply pressure.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.19 (Hazing).

TASK: 8550.02.05 (CORE PLUS) EXECUTE HIP THROW

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute entry.
2. Execute off-balancing.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.20 (Marine Corps Core Value of Commitment).
-

TASK: 8550.02.06 (CORE PLUS) EXECUTE COUNTERS TO STRIKES

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a counter to a lead hand punch.
2. Execute a counter to a lead leg kick.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the

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discretion of the unit commander, based on the unit's supply status, or other considerations.

3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.21 (Code of Conduct).

TASK: 8550.02.07 (CORE PLUS) EXECUTE COUNTER TO THE FRONT CHOKE

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Break the hold.
2. Execute chin jab.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.

2. Ensure all safety precautions are adhered to when performing this task.

3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.22 (Six Troop Leading Steps).

TASK: 8550.02.08 (CORE PLUS) EXECUTE COUNTERS TO HOLDS

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

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STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute counter to the front headlock.
2. Execute counter to the front bear hug.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.22 (Six Troop Leading Steps).

TASK: 8550.02.09 (CORE PLUS) EXECUTE UNARMED MANIPULATIONS

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute the basic wrist-lock come-along.
2. Execute the escort position.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

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1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.23 (Marine Corps Core Value of Honor).

TASK: 8550.02.10 (CORE PLUS) EXECUTE ARMED MANIPULATIONS

CONDITION(S): Given 782 Gear Plus, opponent, service rifle, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute off-balancing while a stationary opponent is pushing.
2. Execute off-balancing while a stationary opponent is pulling.
3. Execute off-balancing while an opponent is pulling and moving.
4. Execute inside strike buttstroke.
5. Execute outside strike buttstroke.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece
3. * Service Rifle

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
 2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.24 (Marine Corps Core Value of Courage).
-

TASK: 8550.02.11 (CORE PLUS) EXECUTE KNIFE TECHNIQUES

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, training knife, eye protection, groin protection, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a forward thrust.
2. Execute a forward slash.
3. Execute a reverse thrust.
4. Execute a reverse slash.
5. Execute movement against an opponent.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Eye Protection
3. * Groin Protection

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4. * Mouthpiece
5. * Training Knife

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.25 (Marine Corps Customs, Courtesies and Traditions).

TASK: 8550.02.12 (CORE PLUS) EXECUTE NONLETHAL BATON TECHNIQUES

CONDITION(S): Given 782 Gear Plus, training baton, opponent, striking pad, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute one-handed forward strike.
2. Execute one-handed reverse strike.
3. Execute right block.
4. Execute left block.
5. Execute mid block.
6. Execute the strong side arm lock.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

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3. * Striking Pad
4. * Training Baton

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.26 (Meaning of the Oath of Enlistment or Commissioning).
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TASK: 8550.02.13 (CORE PLUS) EMPLOY WEAPONS OF OPPORTUNITY

CONDITION(S): Given 782 Gear Plus, entrenching tool, training sticks, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute vertical strike.
2. Execute forward strike.
3. Execute a reverse strike.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Entrenching Tool
3. * Mouthpiece
4. * Training Stick

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ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.02.27 (Marine Corps History).

TASK: 8550.02.14 (CORE PLUS) EXECUTE GROUND FIGHTING

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute an armbar from the mount.
2. Execute an armbar from the guard.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MWS, MACE Approved Warrior Study

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.22 (Pre-selected Warrior Study).

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TASK: 8550.02.15 (CORE PLUS) PARTICIPATE IN FREE SPARRING

CONDITION(S): Given 782 Gear Plus, opponent, wooden bayonet trainer, BTPG1, eye protection, training knife, training baton, PPG1, pugil stick, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a 1 on 1 bayonet trainer engagement.
2. Participate in a 1 on 1 training knife engagement.
3. Participate in a 1 on 1 weapons of opportunity engagement.
4. Participate in a 1 on 1 ground fighting engagement.
5. Participate in a 1 on 1 bout of strikes.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MWS, MACE Approved Warrior Study

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Eye Protection
4. * Pugil Stick Protective Gear 1 (PPG1)
5. * Pugil Sticks
6. * Training Baton
7. * Training Knife
8. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.

2. Medical support must be available in training areas when performing free sparring involving the bayonet trainer or pugil stick.

3. Ensure all safety precautions are adhered to when performing this task.

4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

5. Free sparring of all types, is conducted at a maximum of 50% of the Marine's maximum strength and intensity; never full contact or full force.

6. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.01.22 (Pre-selected Warrior Study).

TASK: 8550.02.16 (CORE PLUS) DISCUSS THE MARINE WARRIOR ETHOS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the Marine Corps credo upon which the "Warrior Ethos" is based.
2. Discuss what is meant by "Warrior Ethos."
3. Discuss how "Warrior Ethos" is demonstrated in an everyday situation.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.01 (Execute Bayonet Techniques).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

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TASK: 8550.02.17 (CORE PLUS) DISCUSS THE MARINE CORPS LEADERSHIP TRAITS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the leadership traits.
2. Discuss a selected leadership trait.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 03.33, Fundamentals of Marine Corps Leadership
2. MCI 03.80, Infantry Squad Leader: Combat Leadership

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.02 (Execute Upper Body Strikes).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.18 (CORE PLUS) DISCUSS MARINE CORPS LEADERSHIP PRINCIPLES

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the leadership principles.
2. Discuss a pre-selected leadership principle.

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REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 03.33, Fundamentals of Marine Corps Leadership
2. MCI 03.80, Infantry Squad Leader: Combat Leadership

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.03 (Execute Lower Body Strikes).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.19 (CORE PLUS) DISCUSS HAZING

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss hazing.
2. Discuss the definition of the term "tradition."
3. Discuss the Marine Corps policy on hazing.
4. Discuss the difference between hazing and traditions.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1700.28_, Hazing

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.04 (Execute Front Choke).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.20 (CORE PLUS) DISCUSS THE MARINE CORPS CORE VALUE OF COMMITMENT

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the meaning of commitment.
2. Discuss the three components of commitment.
3. Discuss examples of Marines demonstrating commitment.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.05 (Execute Hip Throw).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.21 (CORE PLUS) DISCUSS THE CODE OF CONDUCT

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the six articles of the Code of Conduct.

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2. Discuss the rights of a Prisoner of War (POW).

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.06 (Execute Counters to Strikes).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.22 (CORE PLUS) DISCUSS THE SIX TROOP LEADING STEPS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the acronym for the Six Troop Leading Steps.
2. Discuss a pre-selected Troop Leading Step.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching task 8550.02.07 (Execute Counter to the Front Choke), and Task 8550.02.08 (Execute Counters to Holds).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the

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discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.23 (CORE PLUS) DISCUSS THE MARINE CORPS CORE VALUE OF HONOR

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of honor.
2. Discuss the three components of honor.
3. Discuss examples of Marines demonstrating honor.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.09 (Execute Unarmed Manipulations).
 2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
-

TASK: 8550.02.24 (CORE PLUS) DISCUSS THE MARINE CORPS CORE VALUE OF COURAGE

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of courage.
2. Discuss the four elements of courage.
3. Discuss the difference between moral and physical courage.

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INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.10 (Execute Armed Manipulations).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.25 (CORE PLUS) DISCUSS MARINE CORPS CUSTOMS, COURTESIES AND TRADITIONS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the purpose of customs.
2. Discuss the purpose of courtesies.
3. Discuss the purpose of traditions.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCM, Marine Corps Manual
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 6-11B, Discussion Guide for Marine Corps Values
4. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

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ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.11 (Execute Knife Techniques).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.26 (CORE PLUS) DISCUSS THE MEANING OF THE OATH OF ENLISTMENT OR COMMISSIONING

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of the term "oath."
2. Discuss the responsibilities associated with enlistment or commissioning.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.12 (Execute Nonlethal Baton Techniques).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.27 (CORE PLUS) DISCUSS MARINE CORPS HISTORY

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

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PERFORMANCE STEPS:

1. Discuss the foundations of leadership that are shaped by Marine Corps history.
2. Discuss how history contributes to the study of the Art of War.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.02.13 (Employ Weapons of Opportunity).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.28 (CORE PLUS) DISCUSS A MARTIAL CULTURE

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the similarities between the martial culture studied and the Marine Corps.
2. Discuss the differences between the martial culture studied and the Marine Corps.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MMCS, MACE Approved Martial Culture Study

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.29 (CORE PLUS) DISCUSS THE COMPONENTS OF WELLNESS

CONDITION(S): Given 782 Gear Plus, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the basic food groups.
2. Discuss weight management techniques.
3. Discuss nutritional guidelines for improved performance.
4. Discuss risk factors for common training injuries.
5. Discuss common training injuries.
6. Discuss the care of common training injuries.
7. Discuss the principles for preventing common training injuries.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 1553.1_, The Marine Corps Training and Education System
4. MCO P1700.29, Marine Corps Semper Fit Program Manual
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
6. MCRP 3-02A, Physical Readiness Training for Combat
7. MCRP 3-02B, Marine Corps Martial Arts
8. MCRP 3-02C, Marine Combat Water Survival
9. MCRP 3-02G, First Aid

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 33.16, Basic Nutrition

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.30 (CORE PLUS) DISCUSS THE FORCE CONTINUUM

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss Level 1 of the Force Continuum.
2. Discuss Level 2 of the Force Continuum.
3. Discuss Level 3 of the Force Continuum.
4. Discuss Level 4 of the Force Continuum.
5. Discuss Level 5 of the Force Continuum.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.02.31 (CORE PLUS) PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a Martial Arts Drill.
2. Participate in a Martial Arts Cohesion Drill.
3. Participate in a Physical Training Integration Drill.
4. Participate in a Field Exercise.
5. Participate in a Martial Arts Deployed Drill.
6. Participate in an Aquatic Drill.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: Pvt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
4. MCRP 3-02A, Physical Readiness Training for Combat
5. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. Participation in only one (1) type of drill is required for completion of this task.

2. Equipment required for this task will depend on the type of drill executed.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. Only MACE approved drills may be used for completion of this task. Modification to any drill requires the concurrence of the commander approving the training.

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DUTY AREA 03 - GREEN BELT

Belt Rank Achievement Level: Green Belt

TASK: 8550.03.01 (CORE PLUS) EXECUTE BAYONET TECHNIQUES

CONDITION(S): Given 782 Gear Plus, opponent, BTPG1, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a disrupt while closing with a moving opponent.
2. Execute a thrust while closing with a moving opponent.
3. Execute a buttstroke offline with a stationary opponent.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Medical support must be available in training areas when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.12 (Combat Leadership: Stresses of Combat).

TASK: 8550.03.02 (CORE PLUS) EXECUTE MUSCULAR GOUGING

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CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify target areas for muscular gouging.
2. Demonstrate muscular gouging.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.13 (Character).

TASK: 8550.03.03 (CORE PLUS) EXECUTE A SIDE CHOKE

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify when a side choke would be used.
2. Execute hand placement.
3. Apply pressure.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

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REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.14 (Right versus Wrong).

TASK: 8550.03.04 (CORE PLUS) EXECUTE A SHOULDER THROW

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute entry.
2. Execute off-balancing.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

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ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.15 (Who is a Combat Leader).
-

TASK: 8550.03.05 (CORE PLUS) EXECUTE COUNTERS TO STRIKES

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a counter to a round kick.
2. Execute a counter to a round punch.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

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4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.16 (Force Protection).

TASK: 8550.03.06 (CORE PLUS) EXECUTE UNARMED MANIPULATIONS

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute enhanced pain compliance.
2. Execute a reverse wristlock come-along.
3. Execute controlling technique.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.17 (Informal Resolution System).
-

TASK: 8550.03.07 (CORE PLUS) EXECUTE KNIFE TECHNIQUES

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, training knife, eye protection, groin protection, and without the aid of the references.

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STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a block for a vertical strike with follow-on techniques.
2. Execute a block for a forward strike with follow-on techniques.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Eye Protection
3. * Groin Protection
4. * Mouthpiece
5. * Training Knife

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.18 (Combat Leadership: Fear).

TASK: 8550.03.08 (CORE PLUS) EXECUTE NONLETHAL BATON TECHNIQUES

CONDITION(S): Given 782 Gear Plus, opponent, training baton, striking pad, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a two-handed forward strike.

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2. Execute a two-handed reverse strike.
3. Execute a rear jab.
4. Execute a front jab.
5. Execute a high block.
6. Execute a low block.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece
3. * Striking Pad
4. * Training Baton

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Medical support must be available in training area when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.19 (Leadership: Profession of Arms).

TASK: 8550.03.09 (CORE PLUS) EMPLOY WEAPONS OF OPPORTUNITY

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, training stick, entrenching tool, and without the aid of the references.

STANDARD(S): In accordance with the references.

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PERFORMANCE STEPS:

1. Execute a block for a vertical strike.
2. Execute a block for a forward strike.
3. Execute a block for a reverse strike.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Entrenching Tool
3. * Mouthpiece
4. * Training Stick

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.20 (Combat Leadership: Fatigue).

TASK: 8550.03.10 (CORE PLUS) EXECUTE GROUND FIGHTING

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute the counter to the mount.
2. Execute the counter to the guard.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

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REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.21 (Professionalism and Ethics).
-

TASK: 8550.03.11 (CORE PLUS) PARTICIPATE IN FREE SPARRING

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, wooden bayonet trainer, BTPG1, eye protection, training knife, training baton, PPG1, pugil stick, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a 1 on 1 bayonet trainer engagement.
2. Participate in a 1 on 1 training knife engagement.
3. Participate in a 1 on 1 weapons of opportunity engagement.
4. Participate in a 1 on 1 ground fighting engagement.
5. Participate in a 1 on 1 bout of strikes.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Black Leather Gloves
4. * Eye Protection
5. * Mouthpiece
6. * Pugil Stick Protective Gear 1 (PPG1)
7. * Pugil Sticks
8. * Training Baton
9. * Training Knife
10. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Medical support must be available in training areas when performing free sparring with the bayonet trainer or pugil stick.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. Free sparring of all types, is conducted at a maximum of 50% of the Marine's maximum strength and intensity; never full contact or full force.
5. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.03.22 (The Example).

TASK: 8550.03.12 (CORE PLUS) DISCUSS COMBAT LEADERSHIP: STRESSES OF COMBAT

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the stresses experienced in combat.
2. Discuss the elements usually encountered in a combat environment.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

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REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.01 (Execute Bayonet Techniques).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.13 (CORE PLUS) DISCUSS CHARACTER

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of character.
2. Discuss the importance of character for a warrior.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.02 (Execute Muscular Gouging).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

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TASK: 8550.03.14 (CORE PLUS) DISCUSS "RIGHT VERSUS WRONG"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of integrity.
2. Describe a situation when a Marine needs to demonstrate integrity.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.03 (Execute a Side Choke).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.15 (CORE PLUS) DISCUSS "WHO IS A COMBAT LEADER"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of combat.
2. Discuss combat leadership.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.04 (Execute Shoulder Throw).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.16 (CORE PLUS) DISCUSS FORCE PROTECTION

CONDITION(S): Given 782 Gear Plus and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the types of force protection measures dealing with terrorism.
2. Discuss force protection measures not limited to terrorism.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02D, Combating Terrorism
3. MCRP 3-02E, Individual's Guide for Understanding and Surviving Terrorism
4. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 02.10, Terrorism Awareness
2. MCI 03.24, Operations Against Guerrilla Units

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.05 (Execute Counters to Strikes).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the

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discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.17 (CORE PLUS) DISCUSS THE INFORMAL RESOLUTION SYSTEM

CONDITION(S): Given 782 Gear Plus and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the purpose of the Informal Resolution System.
2. Discuss the components of the Informal Resolution System.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1000.9_, Sexual Harassment
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO P5354.1_, Marine Corps Equal Opportunity Manual (Short Title: EOM)
4. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.06 (Execute Unarmed Manipulations).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.18 (CORE PLUS) DISCUSS COMBAT LEADERSHIP: FEAR

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the sources of fear.
2. Discuss the conditions that stimulate fear.

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3. Discuss the methods for overcoming fear.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.07 (Execute Knife Techniques).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.19 (CORE PLUS) DISCUSS THE CONCEPT OF "THE PROFESSION OF ARMS"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the characteristics of a professional.
2. Discuss the definition of "Profession of Arms."

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.08 (Execute Nonlethal Baton Techniques).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the

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discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.20 (CORE PLUS) DISCUSS COMBAT LEADERSHIP: FATIGUE

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of fatigue.
2. Discuss the effects of fatigue on a unit in combat.
3. Discuss what happens to Marines if fatigue is ignored.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.09 (Employ Weapons of Opportunity).
 2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
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TASK: 8550.03.21 (CORE PLUS) DISCUSS PROFESSIONALISM AND ETHICS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of the term "values."
2. Discuss the sources of values.
3. Discuss the categories of values.

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4. Discuss what documents capture our professional ethics.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.10 (Execute Ground Fighting).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.22 (CORE PLUS) DISCUSS "SETTING THE EXAMPLE"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss what is meant by "setting the example."
2. Discuss the traits required for setting the proper personal example.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

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ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.03.11 (Participate in Free Sparring).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.23 (CORE PLUS) DISCUSS A MARTIAL CULTURE

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the similarities between the martial culture studied and the Marine Corps.
2. Discuss the differences between the martial culture studied and the Marine Corps.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MMCS, MACE Approved Martial Culture Study

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

3. Any MACE approved Martial Culture Study, not previously taught, may be given to fulfill this requirement.

TASK: 8550.03.24 (CORE PLUS) DISCUSS THE BASIC ELEMENTS OF ANATOMY AND PHYSIOLOGY

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

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STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss target areas of the body.
2. Discuss weapons of the body.
3. Discuss pressure points.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02A, Physical Readiness Training for Combat
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCRP 3-02G, First Aid

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

TASK: 8550.03.25 (CORE PLUS) DISCUSS COMBAT FITNESS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss physical readiness training.
2. Discuss combat physical readiness.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 3500.27_, Operational Risk Management
3. MCRP 3-02A, Physical Readiness Training for Combat
4. MCRP 3-02B, Marine Corps Martial Arts
5. MCRP 6-11B, Discussion Guide for Marine Corps Values

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.03.26 (CORE PLUS) PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a Martial Arts Drill.
2. Participate in a Martial Arts Cohesion Drill.
3. Participate in a Physical Training Integration Drill.
4. Participate in a Field Exercise.
5. Participate in a Martial Arts Deployed Drill.
6. Participate in an Aquatic Drill.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: LCpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
4. MCRP 3-02A, Physical Readiness Training for Combat
5. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. Participation in only one (1) type of drill is required for completion of this task.
2. Equipment required for this task will depend on the type of drill executed.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. Only MACE approved drills may be used for completion of this task. Modification to any drill requires the concurrence of the commander approving the training.

DUTY AREA 04 - BROWN BELT

Belt Rank Achievement Level: Brown Belt

TASK: 8550.04.01 (CORE PLUS) EXECUTE BAYONET TECHNIQUES

CONDITION(S): Given 782 Gear Plus, opponent, BTPG1, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute bayonet techniques during a 1 on 2 engagement.
2. Execute team bayonet techniques during a 2 on 1 engagement.
3. Execute team bayonet techniques during a 2 on 2 engagement.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Medical support must be available in training area when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.12 (Combat Readiness).

TASK: 8550.04.02 (CORE PLUS) EXECUTE GROUND FIGHTING

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CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a bent armbar from side mount position.
2. Execute a basic leglock.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.13 (Citizenship).
-

TASK: 8550.04.03 (CORE PLUS) EXECUTE GROUND CHOKES

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a front choke.
2. Execute a rear choke.

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3. Execute a side choke.
4. Execute a figure 4 variation to the rear choke.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.14 (Communication and Counseling).

TASK: 8550.04.04 (CORE PLUS) EXECUTE A MAJOR OUTSIDE REAP THROW

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute entry.
2. Execute off-balancing.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.15 (Cohesion).
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TASK: 8550.04.05 (CORE PLUS) EXECUTE UNARMED VERSUS HANDHELD WEAPONS

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, training stick, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute hollowing out with a follow-on technique.
2. Execute a bent armbar counter.
3. Execute a forward armbar counter.
4. Execute a reverse armbar counter.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece
3. * Training Stick

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.16 (Law of War).
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TASK: 8550.04.06 (CORE PLUS) EXECUTE FIREARM RETENTION

CONDITION(S): Given 782 Gear Plus, opponent, training pistol, pistol holster, mouthpiece, and without aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a blocking technique.
2. Execute an armbar technique.
3. Execute a wristlock technique.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Pistol Holster
3. * Mouthpiece
4. * Training Pistol

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.

3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.17 (Band of Brothers).

TASK: 8550.04.07 (CORE PLUS) EXECUTE FIREARM DISARMAMENT (PISTOL)

CONDITION(S): Given 782 Gear Plus, opponent, training pistol, pistol holster, mouthpiece, and without aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a counter to pistol from the front.
2. Execute a counter to pistol from the rear.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Pistol Holster
3. * Mouthpiece
4. * Training Pistol

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.

2. Ensure all safety precautions are adhered to when performing this task.

3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.18 (Leadership Roles).

TASK: 8550.04.08 (CORE PLUS) EXECUTE KNIFE TECHNIQUES

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, training knife, eye protection, groin protection, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a block for a reverse strike with follow-on techniques.
2. Execute a block for a straight thrust with follow-on techniques.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Eye Protection
3. * Groin Protection
4. * Mouthpiece
5. * Training Knife

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.19 (Counseling Techniques).

TASK: 8550.04.09 (CORE PLUS) EXECUTE NONLETHAL BATON TECHNIQUES

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CONDITION(S): Given 782 Gear Plus, opponent, training baton, striking pad, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a counter to the middle grab.
2. Execute a counter to the end grab.
3. Execute a modified baton carry.
4. Execute a block for a vertical strike with follow-on techniques.
5. Execute a block for a forward strike with follow-on techniques.
6. Execute a block for a reverse strike with follow-on techniques.
7. Execute a block for a straight thrust with follow-on techniques.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece
3. * Striking Pad
4. * Training Baton

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.20 (Rules of Engagement).
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TASK: 8550.04.10 (CORE PLUS) EMPLOY WEAPONS OF OPPORTUNITY

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, entrenching tool, training stick, training baton, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a block for a vertical strike with follow-on techniques.
2. Execute a block for a forward strike with follow-on techniques.
3. Execute a block for a reverse strike with follow-on techniques.
4. Execute a block for a straight thrust with follow-on techniques.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Entrenching Tool
3. * Mouthpiece
4. * Training Baton
5. * Training Stick

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.21 (Safety On and Off Duty).

TASK: 8550.04.11 (CORE PLUS) PARTICIPATE IN FREE SPARRING

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CONDITION(S): Given 782 Gear Plus, opponent, wooden bayonet trainer, BTPG1, PPG1, mouthpiece, eye protection, training knife, training baton, pugil stick, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a 1 on 2 bayonet trainer engagement.
2. Participate in a 1 on 1 training knife engagement.
3. Participate in a 1 on 1 weapons of opportunity engagement.
4. Participate in a 1 on 1 ground fighting engagement.
5. Participate in a 1 on 1 bout of strikes.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Eye Protection
4. * Pugil Stick Protective Gear 1 (PPG1)
5. * Pugil Sticks
6. * Training Baton
7. * Training Knife
8. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Medical support must be available in training areas when performing free sparring with the bayonet trainer or pugil stick.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the

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discretion of the unit commander, based on the unit's supply status, or other considerations.

5. Free sparring of all types, is conducted at a maximum of 50% of the Marine's maximum strength and intensity; never full contact or full force.

6. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.04.22 (Discipline, Morale and Esprit de Corps).

TASK: 8550.04.12 (CORE PLUS) DISCUSS COMBAT READINESS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of combat readiness.
2. Discuss the components of combat readiness.
3. Discuss the role of individual and unit training in combat readiness.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.01 (Execute Bayonet Techniques).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.04.13 (CORE PLUS) DISCUSS CITIZENSHIP

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

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PERFORMANCE STEPS:

1. Discuss the definition of citizenship.
2. Discuss what phase of the transformation process citizenship belongs to.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11D, Sustaining the Transformation

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.02 (Execute Ground Fighting).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.04.14 (CORE PLUS) DISCUSS COMMUNICATIONS AND COUNSELING

CONDITION(S): Given 782 Gear Plus and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the types of performance counseling.
2. Discuss the elements of formal counseling.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

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DISTANCE LEARNING PRODUCT(S):

1. MCI 01.12, Counseling for Marines

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.03 (Execute Ground Chokes).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.04.15 (CORE PLUS) DISCUSS COHESION

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of cohesion.
2. Discuss the dimensions of cohesion.
3. Discuss why cohesion is important in the Marine Corps.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCRP 6-11D, Sustaining the Transformation

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.04 (Execute a Major Outside Reap Throw).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.04.16 (CORE PLUS) DISCUSS THE LAW OF WAR

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CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the purpose of the Law of War.
2. Discuss other codes, that in conjunction with the Law of War, guide a Marine in his actions in combat.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 5-12.1A, The Law of Land Warfare
3. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.05 (Execute Unarmed versus Handheld Weapons).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.04.17 (CORE PLUS) DISCUSS THE CONCEPT OF "BAND OF BROTHERS"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the term "Band of Brothers."
2. Discuss the purpose of "Band of Brothers" events.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. HMNCO, Handbook for Marine Noncommissioned Officers, Fourth Edition 1996, Col R.D. Heinl Jr

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2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 6-11B, Discussion Guide for Marine Corps Values
4. MCRP 6-11D, Sustaining the Transformation
5. MOG, Marine Officer's Guide, Sixth Edition 1996, Edited by LtCol K.L. Estes, Naval Institute Press

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.06 (Execute Firearm Retention).
2. 782 gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.04.18 (CORE PLUS) DISCUSS LEADERSHIP ROLES

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss how an established rank structure aids the Marine Corps in carrying out its mission.
2. Discuss what the rank structure provides.
3. Discuss the role of a Marine in the rank structure.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. HMNCO, Handbook for Marine Noncommissioned Officers, Fourth Edition 1996, Col R.D. Heintz Jr
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 6-11B, Discussion Guide for Marine Corps Values
4. MOG, Marine Officer's Guide, Sixth Edition 1996, Edited by LtCol K.L. Estes, Naval Institute Press

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 03.33, Fundamentals of Marine Corps Leadership
2. MCI 03.80, Infantry Squad Leader: Combat Leadership

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.07 (Execute Firearm Disarmament).
2. 782 gear or Utility Uniform may be substituted for 782 Gear plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.04.19 (CORE PLUS) DISCUSS COUNSELING TECHNIQUES

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the techniques for effective counseling.
2. Discuss the frequency of counseling.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO P1070.12_, Marine Corps Individual Records Administration Manual
3. MCO P1610.7_, Performance Evaluation System
4. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 01.12, Counseling for Marines

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ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.08 (Execute Knife Techniques).

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.04.20 (CORE PLUS) DISCUSS RULES OF ENGAGEMENT

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the purpose of rules of engagement.
2. Discuss the definition of the right of self-defense.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. CJCSIROE, CJCS Instruction 3121.01_ Rules of Engagement
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.09 (Execute Nonlethal Baton Techniques).

2. 782 Gear of Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.04.21 (CORE PLUS) DISCUSS SAFETY ON AND OFF DUTY

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss who is responsible for safety.

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2. Discuss why safety on and off duty is important.
3. Discuss why a Marine must be vigilant on and off duty.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5100.29_, USMC Safety Program
3. MCO 5100.30_, Marine Corps Off-Duty and Recreation Safety Program

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.10 (Employ Weapons of Opportunity).
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.04.22 (CORE PLUS) DISCUSS DISCIPLINE, MORALE, AND ESPRIT DE CORPS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of discipline.
2. Discuss the definition of morale.
3. Discuss the definition of esprit de corps.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.04.11 (Participate in Free Sparring).
2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.04.23 (CORE PLUS) DISCUSS A MARTIAL CULTURE

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the similarities between the martial culture studied and the Marine Corps.
2. Discuss the differences between the martial culture studied and the Marine Corps.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MMCS, MACE Approved Martial Culture Study

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. Any MACE approved Martial Culture Study, not previously taught, may be given to fulfill this requirement.

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TASK: 8550.04.24 (CORE PLUS) DISCUSS THE HUMAN DIMENSIONS OF COMBAT

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the factors of a combative environment.
2. Discuss human responses to stress.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5390.2_, Leadership Training and Education
3. MCRP 6-11B, Discussion Guide for Marine Corps Values
4. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.04.25 (CORE PLUS) DISCUSS THE CONCEPT OF THE "WARRIOR AS A GENTLEMAN"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the term "warrior."
2. Discuss the term "gentleman."

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

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1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.04.26 (CORE PLUS) PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a Martial Arts Drill.
2. Participate in a Martial Arts Cohesion Drill.
3. Participate in a Physical Training Integration Drill.
4. Participate in a Field Exercise.
5. Participate in a Martial Arts Deployed Drill.
6. Participate in an Aquatic Drill.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
4. MCRP 3-02A, Physical Readiness Training for Combat
5. MCRP 3-02B, Marine Corps Martial Arts

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. Participation in only one (1) type of drill is required for completion of this task.
2. Equipment required for this task will depend on the type of drill executed.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. Only MACE approved drills may be used for completion of this task. Modification to any drill requires the concurrence of the commander approving the training.

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DUTY AREA 05 - BLACK BELT (1ST DEGREE)

Belt Rank Achievement Level: Black Belt 1st Degree

TASK: 8550.05.01 (CORE PLUS) EXECUTE BAYONET TECHNIQUES

CONDITION(S): Given a low light environment, 782 Gear Plus, opponent(s), wooden bayonet trainer, BTPG1, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute bayonet techniques during a 1 on 1 engagement.
2. Execute bayonet techniques during a 1 on 2 engagement.
3. Execute team bayonet techniques during a 2 on 1 engagement.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Mouthpiece
4. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Medical support must be available in training area when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.12 (The Eternal Student).

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TASK: 8550.05.02 (CORE PLUS) EXECUTE A SWEEPING HIP THROW

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute entry.
2. Execute off-balancing.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.13 (Leader and Follower).
-

TASK: 8550.05.03 (CORE PLUS) EXECUTE GROUND FIGHTING

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a face rip from the guard.
2. Execute a straight armbar from a scarf hold.

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3. Execute a bent armbar from a scarf hold.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.14 (Expeditionary Maneuver Warfare).

TASK: 8550.05.04 (CORE PLUS) EXECUTE THE NECK CRANK TAKEDOWN

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute entry.
2. Execute off-balancing.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Ensure all safety precautions are adhered to when performing this task.
 3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.15 (Leadership Styles).
-

TASK: 8550.05.05 (CORE PLUS) EXECUTE A TRIANGLE CHOKE

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute hand placement.
2. Execute arm placement.
3. Execute leg placement.
4. Execute foot placement.
5. Apply pressure.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.16 (Sustaining the Transformation).

TASK: 8550.05.06 (CORE PLUS) EXECUTE A ROLLING KNEEBAR

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain when to use a rolling kneebar.
2. Secure leg.
3. Execute forward shoulder roll.
4. Apply pressure.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the

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discretion of the unit commander, based on the unit's supply status, or other considerations.

4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.17 (Mentoring).

TASK: 8550.05.07 (CORE PLUS) EXECUTE COUNTER PISTOL TO THE HEAD

CONDITION(S): Given 782 Gear Plus, opponent, training pistol, pistol holster, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute "double the distance."
2. Disarm opponent.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece
3. * Pistol Holster
4. * Training Pistol

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.

2. Ensure all safety precautions are adhered to when performing this task.

3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.18 (Tactical Decision Making).

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TASK: 8550.05.08 (CORE PLUS) EXECUTE UPPER BODY STRIKES

CONDITION(S): Given 782 Gear Plus, opponent, striking pad, mouthpiece, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a cupped hand strike.
2. Execute a face smash.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Mouthpiece
3. * Striking Pad

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.19 (Instilling and Developing Values).

TASK: 8550.05.09 (CORE PLUS) EXECUTE KNIFE TECHNIQUES

CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, training knife, eye protection, groin protection, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute a lead hand vertical slash.
2. Execute a lead hand vertical thrust.

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3. Execute a lead hand forward thrust.
4. Execute a lead hand reverse thrust.
5. Execute a lead hand forward slash.
6. Execute a lead hand reverse slash.
7. Execute a reverse grip forward slash.
8. Execute reverse grip reverse slash.
9. Execute a reverse grip forward thrust.
10. Execute reverse grip reverse thrust.
11. Execute movement against an opponent.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Eye Protection
3. * Groin Protection
4. * Mouthpiece
5. * Training Knife

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft area. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.20 (Operational Risk Management).

TASK: 8550.05.10 (CORE PLUS) EMPLOY IMPROVISED WEAPONS

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CONDITION(S): Given 782 Gear Plus, opponent, mouthpiece, training stick, wire, rope, eye protection, groin protection, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify target areas for improvised weapons.
2. Construct a garrote.
3. Execute garrote from the rear.
4. Execute garrote from the front.
5. Construct a club.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Eye Protection
3. * Groin Protection
4. * Mouthpiece
5. * Rope
6. * Training Stick
7. * Wire

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
2. Ensure all safety precautions are adhered to when performing this task.
3. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
4. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.21 (Ethical Leadership).

TASK: 8550.05.11 (CORE PLUS) PARTICIPATE IN FREE SPARRING

CONDITION(S): Given 782 Gear Plus, low light conditions, opponent, wooden bayonet trainer, BTPG1, mouthpiece, eye protection, training knife, training baton, PPG1, pugil stick, black leather gloves, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a 1 on 1 bayonet trainer engagement.
2. Participate in a 1 on 2 bayonet trainer engagement.
3. Participate in a 2 on 1 bayonet trainer engagement.
4. Participate in a 1 on 1 training knife engagement.
5. Participate in a 1 on 1 weapons of opportunity engagement.
6. Participate in a 1 on 1 ground fighting engagement.
7. Participate in a 1 on 1 bout of strikes.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Black Leather Gloves
4. * Eye Protection
5. * Mouthpiece
6. * Pugil Stick Protective Gear 1 (PPG1)
7. * Pugil Sticks
8. * Training Baton
9. * Training Knife
10. * Wooden Bayonet Trainer

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ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, woodchips, sawdust, or mats.
 2. Medical support must be available in training area when performing free sparring with the bayonet trainer or pugil stick.
 3. Ensure all safety precautions are adhered to when performing this task.
 4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 5. Free sparring of all types, is conducted at a maximum of 50% of the Marine's maximum strength and intensity; never full contact or full force.
 6. The Mental and Character Tie-In required to be taught in association with this task is Task 8550.05.22 (Developing Subordinate Leaders).
-

TASK: 8550.05.12 (CORE PLUS) DISCUSS THE CONCEPT OF "THE ETERNAL STUDENT"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the components of the Marine Corps Professional Military Education Program.
2. Discuss the components of the Marine Corps Life Long Learning Program.
3. Discuss the purpose of the Marine Corps Professional Reading Program.
4. Discuss the concept of "being and becoming."

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO P1553.4_, Professional Military Education (PME)
3. MCO P1560.25_, Marine Corps Life Long Learning Program
4. MCRP 6-11B, Discussion Guide for Marine Corps Values
5. MCRP 6-11_, A Book on Books

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.01 (Execute Bayonet Techniques).

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.13 (CORE PLUS) DISCUSS THE CONCEPT OF "THE LEADER AND THE FOLLOWER"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of followership.
2. Discuss the Marine Corps philosophy on senior-subordinate relations.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.02 (Execute a Sweeping Hip Throw).

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

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TASK: 8550.05.14 (CORE PLUS) DISCUSS EXPEDITIONARY MANEUVER WARFARE

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the definition of maneuver.
2. Discuss the definition of gap.
3. Discuss the definition of surface.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCDP 1, Warfighting
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 7400, Warfighting
2. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.03 (Execute Ground Fighting).
2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.15 (CORE PLUS) DISCUSS LEADERSHIP STYLES

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the leadership styles most common to the Marine Corps.

2. Discuss the importance of developing the appropriate leadership style.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.04 (Execute the Neck Crank Takedown).

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.16 (CORE PLUS) DISCUSS SUSTAINING THE TRANSFORMATION

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the phases of the transformation process.
2. Discuss the definition of cohesion.
3. Discuss methods for sustaining the transformation.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCRP 6-11D, Sustaining the Transformation

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.05 (Execute a Triangle Choke).

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.17 (CORE PLUS) DISCUSS MENTORING

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the roles of the mentor.
2. Discuss the role of the protege.
3. Discuss the mentoring connection.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 01.12, Counseling for Marines
2. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.06 (Execute a a Rolling Kneebars).

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2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.18 (CORE PLUS) DISCUSS TACTICAL DECISION MAKING

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the means by which decision making skills are developed.
2. Discuss the leaders estimate of the situation.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCDP 1-3, Tactics
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 1500.55_, Military Thinking and Decision Making Exercises

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 7400, Warfighting
2. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.07 (Execute Counter Pistol to the Head).

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.19 (CORE PLUS) DISCUSS INSTILLING AND DEVELOPING VALUES

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

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PERFORMANCE STEPS:

1. Discuss how values and attitudes are developed.
2. Discuss some Marine Corps organizational values.
3. Discuss the leader's role in developing values.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.08 (Execute Upper Body Strikes).
2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.20 (CORE PLUS) DISCUSS OPERATIONAL RISK MANAGEMENT

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the tenets of Operational Risk Management.
2. Discuss who is responsible for employing Operational Risk Management.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 3500.27_, Operational Risk Management

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.090 (Execute Knife Techniques).
2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.21 (CORE PLUS) DISCUSS ETHICAL LEADERSHIP

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the importance of ethics to leadership.
2. Discuss how ethics relate to our personal standard of discipline.
3. Discuss the effects that inconsistent rewards or punishment for unethical behavior have on a unit.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 8010, Sergeants Distance Education Program

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ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.10 (Employ Improvised Weapons).

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.22 (CORE PLUS) DISCUSS DEVELOPING SUBORDINATE LEADERS

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the importance of rank to a decentralized system of command.
2. Discuss the relationship that should exist between officers and enlisted Marines.
3. Discuss the role of the leader in developing subordinates.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

DISTANCE LEARNING PRODUCT(S):

1. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. This task will be taught after teaching Task 8550.05.11 (Participate in Free Sparring).

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.23 (CORE PLUS) APPLY THE ADVANCED ELEMENTS OF ANATOMY AND PHYSIOLOGY

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CONDITION(S): Given 782 Gear Plus, opponent, and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Demonstrate pressure points of the head.
2. Demonstrate pressure points of the neck.
3. Demonstrate pressure points of the arm.
4. Demonstrate pressure points of the hand.
5. Demonstrate pressure points of the leg.
6. Demonstrate pressure points of the foot.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MCRP 3-02G, First Aid
4. MCWP 4-11.1, Health Service Support Operations

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.05.24 (CORE PLUS) DISCUSS A MARTIAL CULTURE

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the similarities between the martial culture studied and the Marine Corps.

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2. Discuss the differences between the martial culture studied and the Marine Corps.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MMCS, MACE Approved Martial Culture Study

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

3. Any MACE approved Martial Culture Study, not previously taught, may be given to fulfill this requirement.

TASK: 8550.05.25 (CORE PLUS) DISCUSS THE COMBAT MINDSET

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the term "Combat Mindset."
2. Discuss the elements of the "Combat Mindset."

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.26 (CORE PLUS) DISCUSS SYSTEMS OF THE HUMAN BODY

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss the function of organs of the human body.
2. Discuss the structure of the central nervous system.
3. Discuss rehabilitation of an injured area.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02G, First Aid
3. MCRP 6-11B, Discussion Guide for Marine Corps Values
4. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.

2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.27 (CORE PLUS) DISCUSS DISCUSSION LEADING TECHNIQUES

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

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STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss open probes.
2. Discuss closed probes.
3. Discuss facilitation techniques.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.
2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.28 (CORE PLUS) DISCUSS THE CONCEPT OF THE "MASTER AT ARMS"

CONDITION(S): Given 782 Gear Plus and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Discuss knowledge of weapons.
2. Discuss situational awareness.
3. Discuss the definition of the term "integration."

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)

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2. MCRP 6-11B, Discussion Guide for Marine Corps Values
3. MCWP 6-11, Leading Marines

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. This task is taught for information only; it is not designed to be formally evaluated.
2. 782 gear or Utility Uniform may be substituted for 782 gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other consideration.

TASK: 8550.05.29 (CORE PLUS) PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus and without the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Participate in a Martial Arts Drill.
2. Participate in a Martial Arts Cohesion Drill.
3. Participate in a Physical Training Integration Drill.
4. Participate in a Field Exercise.
5. Participate in a Martial Arts Deployed Drill.
6. Participate in an Aquatic Drill.

INITIAL TRAINING SETTING: FLC Sustainment: 12 Req By: Sgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
4. MCRP 3-02A, Physical Readiness Training for Combat
5. MCRP 3-02B, Marine Corps Martial Arts

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TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

ADMINISTRATIVE INSTRUCTIONS:

1. Participation in only one (1) type of drill is required for completion of this task.
2. Equipment required for this task will depend on the type of drill executed.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. Only MACE approved drills may be used for completion of this task. Modification to any drill requires the concurrence of the commander approving the training.

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DUTY AREA 06 - BLACK BELT (2ND DEGREE)

Belt Rank Achievement Level: Black Belt 2nd Degree. Details for promotion to this grade are contained in MCO 1500.54A.

TASK: 8550.06.01 (CORE PLUS) EXECUTE THE MCMAP ENGAGEMENT PATTERN

CONDITION(S): Given 782 Gear Plus, BTPG1, training knife, training stick, wooden bayonet trainer, opponent, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Execute the Slash Response.
2. Execute Off-Line Thrust-Inside.
3. Execute Off-Line Thrust-Outside.
4. Execute Tie-up Point Control.
5. Execute Tie-up Buttstroke.
6. Execute Disrupt-Inside.
7. Execute Disrupt-Outside.
8. Execute Entry-Inside.
9. Execute Entry-Outside.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: SSgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Training Knife
4. * Training Stick
5. * Wooden Bayonet Trainer

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ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
 2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
 3. Steps #1-#5 are part of the Rifle versus Rifle pattern.
 4. Steps #6 & #7 are part of the Short Weapon versus Rifle pattern.
 5. Steps #8 & #9 are part of the Empty Hand versus Rifle pattern.
-

TASK: 8550.06.02 (CORE PLUS) APPLY COACHING TECHNIQUES

CONDITION(S): Given 782 Gear Plus, BTPG1, training knife, training stick, wooden bayonet trainer, opponent, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Apply individual screening techniques.
2. Apply individual categorization techniques.
3. Apply individual optimization techniques.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: SSgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Training Knife
4. * Training Stick
5. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.

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2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8550.06.03 (CORE PLUS) DEVELOP AN ELEMENT OF MARTIAL CULTURE ANALYSIS (EMCA)

CONDITION(S): With the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Conduct research.
2. Analyze information.
3. Submit EMCA for approval.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: SSgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

ADMINISTRATIVE INSTRUCTIONS:

1. Details on the requirements and format for the Element of Martial Culture Analysis are contained in MCO 1500.54A.

DUTY AREA 07 - BLACK BELT (3RD DEGREE)

Belt Rank Achievement Level: Black Belt 3rd Degree. Details for promotion to this grade are contained in MCO 1500.54A.

TASK: 8550.07.01 (CORE PLUS) INSTRUCT THE MCMAP ENGAGEMENT PATTERN

CONDITION(S): Given 782 Gear Plus, BTPG1, training knife, training stick, wooden bayonet trainer, opponent, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct the Rifle versus Rifle pattern.
2. Instruct the Short Weapon versus Rifle pattern.
3. Instruct the Empty Hand versus Rifle pattern.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: SSgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Training Knife
4. * Training Stick
5. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.
2. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
3. This task applies only to Martial Arts Instructors (MAIs) and Martial Arts Instructor Trainers (MAITs). Marines without MAI or MAIT designation are not required to complete this task in order to seek promotion in the belt rank achievement system.

TASK: 8550.07.02 (CORE PLUS) DEVELOP A MCMAP UNIT TRAINING INTEGRATION PLAN (UTIP)

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CONDITION(S): With the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Conduct research.
2. Analyze information.
3. Submit UTIP for approval.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: SSgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

ADMINISTRATIVE INSTRUCTIONS:

1. Details on the requirements and format for the Unit Training Integration Plan are contained in MCO 1500.54A.

DUTY AREA 08 - BLACK BELT (4TH DEGREE)

Belt Rank Achievement Level: Black Belt 4th Degree. Details for promotion to this grade are contained in MCO 1500.54A.

TASK: 8550.08.01 (CORE PLUS) OBTAIN 1ST DEGREE BLACK BELT IN AN APPROVED MARTIAL ART

CONDITION(S): Without the aid of references

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Perform training.
2. Submit credential for approval.

INITIAL TRAINING SETTING: MOJT Sustainment: 12 Req By: GySgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

ADMINISTRATIVE INSTRUCTIONS:

1. The 4th Degree Black belt must obtain a black belt in an approved martial art in one of the following categories: Grappling/Throwing, Striking, and Weapons.
2. The Director, MACE will approve the certification to 4th degree Black Belt upon review of credential.

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DUTY AREA 09 - BLACK BELT (5TH DEGREE)

Belt Rank Achievement Level: Black Belt 5th Degree. Details for promotion to this grade are contained in MCO 1500.54A.

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DUTY AREA 10 - BLACK BELT (6TH DEGREE)

Belt Rank Achievement Level: Black Belt 6th Degree. Details for promotion to this grade are contained in MCO 1500.54A.

MOS 8551, MARTIAL ARTS INSTRUCTOR

DUTY AREA 01 - BASIC MARTIAL ARTS INSTRUCTOR SKILLS

This duty area contains tasks that provide the student knowledge, skills, and abilities necessary to instruct using the techniques and procedures of the MCMAP instructional Methodology - Explain, Demonstrate, Imitate, Practice (EDIP); guided discussion and informal lecture. Additionally, it provides the student the ability to fault-check students, to instruct the mental and character disciplines of MCMAP, as well as to administer MCMAP at the MAI level. Students will establish a base of knowledge on the history and structure of MCMAP as well as knowledge of basic anatomy, physiology and wellness concepts.

TASK: 8551.01.01 (CORE) PREPARE FOR INSTRUCTION

CONDITION(S): Given the requirement, 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Review course materials.
2. Conduct rehearsals.
3. Prepare the instructional setting.
4. Gather instructional aids.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 1553.1_, The Marine Corps Training and Education System
4. MCRP 3-02B, Marine Corps Martial Arts
5. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

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TASK: 8551.01.02 (CORE) DELIVER A MARTIAL ARTS PERIOD OF INSTRUCTION

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Employ communication skills.
2. Employ facilitation techniques.
3. Deliver introduction.
4. Deliver body using Explain, Demonstrate, Imitate, Practice (EDIP).
5. Deliver body using informal lecture.
6. Deliver tie-in.
7. Deliver summary.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Students will be required to deliver a selected Martial Arts period of instruction in association with this task.

TASK: 8551.01.03 (CORE) ADMINISTER BELT ACHIEVEMENT RANKING TEST

CONDITION(S): Given 782 Gear Plus, personnel to be trained, an instructional setting, performance checklist, and with the aid of the references.

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ENCLOSURE (6)

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Administer Tan Belt Rank Achievement Test.
2. Administer Gray Belt Rank Achievement Test.
3. Administer Green Belt Rank Achievement Test.
4. Administer Brown Belt Rank Achievement Test.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Performance Checklist

DISTANCE LEARNING PRODUCT(S):

1. MCI 1334, Math for Marines

ADMINISTRATIVE INSTRUCTIONS:

1. The MAI's authorization and limitations for the administration of belt rank achievement tests is contained in MCO 1500.54A.

2. Ensure the approved Performance Checklist, contained in MCO 1500.54A, is utilized for grading.

TASK: 8551.01.04 (CORE) MAINTAIN MCMAP RECORDS

CONDITION(S): Given 782 Gear Plus, NAVMC 11432, a completed training event, and with the aid of the references.

STANDARD(S): In accordance with the references.

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PERFORMANCE STEPS:

1. Maintain course materials.
2. Maintain student training logs.
3. Complete NAVMC 11432.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * NAVMC 11432

TASK: 8551.01.05 (CORE) SUPERVISE FREE SPARRING

CONDITION(S): Given 782 Gear Plus, eye protection, PPGL, pugil stick, training knife, training stick, personnel to be trained, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Apply the safety precautions inherent during free sparring.
2. Supervise body sparring.
3. Supervise free sparring in a ground fighting engagement.
4. Supervise free sparring in a pugil stick engagement.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts

Appendix B to
ENCLOSURE (6)

4. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Eye Protection
3. * Pugil Stick Protective Gear 1 (PPG1)
4. * Pugil Sticks
5. * Training Knife
6. * Training Stick
7. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, wood chips, sawdust, or mats.
2. Medical support must be available in training areas when performing this task.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. It is mandatory to have an MAIT or SNCO/officer present during all free sparring engagements.
6. Free sparring of all types, is conducted at a maximum of 50% of the Marine's maximum strength and intensity; never full contact or full force.

TASK: 8551.01.06 (CORE) EMPLOY OPERATIONAL RISK MANAGEMENT (ORM)

CONDITION(S): Given curriculum materials, a completed ORM matrix, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Review a completed ORM matrix for a selected Martial Arts period of instruction.
2. Update an Operational Risk Assessment (ORA) for a Martial Arts period of instruction based on the unique environment.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCO 3500.27_, Operational Risk Management
4. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials
3. * ORM Matrix

ADMINISTRATIVE INSTRUCTIONS:

1. Students will be required to review a selected completed ORM matrix for a Martial Arts period of instruction in association with this task.

TASK: 8551.01.07 (CORE) EMPLOY THE CONTINUUM OF FORCE

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify the temper and intent of an opponent.
2. Employ Force Level One.
3. Employ Force Level Two.
4. Employ Force Level Three.
5. Employ Force Level Four.
6. Employ Force Level Five.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MCRP 6-11B, Discussion Guide for Marine Corps Values

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ENCLOSURE (6)

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
 2. * Curriculum Materials
-

TASK: 8551.01.08 (CORE) IDENTIFY THE BASIC ELEMENTS OF ANATOMY AND PHYSIOLOGY

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify target areas of the body.
2. Identify weapons of the body.
3. Identify pressure points.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
 2. * Curriculum Materials
-

TASK: 8551.01.09 (CORE) EXPLAIN THE STRUCTURE OF MCMAP

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the history of MCMAP.
2. Explain the belt levels of MCMAP.
3. Explain the instructional levels of MCMAP.

4. Explain the term "martial."
5. Identify the disciplines of MCMAP.
6. Explain the mental discipline.
7. Explain the components of the character discipline.
8. Explain the components of the physical discipline.
9. Explain the elements of the fighting techniques of the physical discipline.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
 2. * Curriculum Materials
-

TASK: 8551.01.10 (CORE) EXPLAIN THE COMPONENTS OF WELLNESS

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify the basic food groups.
2. Identify weight management techniques.
3. Identify nutritional guidelines for improved performance.
4. Identify risk factors for common training injuries.
5. Identify common training injuries.
6. Identify the care of common training injuries.
7. Identify the principles for preventing common training injuries.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 1553.1_, The Marine Corps Training and Education System
4. MCO P1700.29, Marine Corps Semper Fit Program Manual
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
6. MCRP 3-02A, Physical Readiness Training for Combat
7. MCRP 3-02B, Marine Corps Martial Arts
8. MCRP 3-02C, Marine Combat Water Survival
9. MCRP 3-02G, First Aid

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials

DISTANCE LEARNING PRODUCT(S):

1. MCI 33.16, Basic Nutrition

TASK: 8551.01.11 (CORE) EXPLAIN THE FUNCTIONAL COMPONENTS OF MCMAP INSTRUCTIONAL METHODOLOGY

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify the methodology used to instruct MCMAP.
2. Identify the specific elements associated with the MCMAP instructional methodology.
3. Identify the synergy between the MCMAP methodology and the conduct of the Marine.
4. Identify the similarities between each Martial Culture studied and the Marine Corps' culture.

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5. Identify the differences between the Martial Culture studied and the Marine Corps' culture.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials

Appendix B to
ENCLOSURE (6)

DUTY AREA 02 - CONDUCT THE COMBAT CONDITIONING PROGRAM

This duty area contains tasks that provide the student the knowledge, skills and abilities necessary to supervise the various aspects of the combat conditioning program at the various belt levels of MCMAP with emphasis on the Tan and Gray Belt Levels of MCMAP.

TASK: 8551.02.01 (CORE) REVIEW THE COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus, curriculum materials, an instructional setting, personnel to be trained, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Review a Martial Arts Drill.
2. Review a Martial Arts Cohesion Exercise.
3. Review a Physical Training Integration Drill.
4. Review a Field Exercise.
5. Review a Martial Arts Deployed Drill.
6. Review an Aquatic Drill.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

TASK: 8551.02.02 (CORE) IMPLEMENT THE COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus, curriculum materials, an instructional setting, personnel to be trained, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Implement a Martial Arts Drill.
2. Implement a Martial Arts Cohesion Exercise.
3. Implement a Physical Training Integration Drill.
4. Implement a Field Exercise.
5. Implement a Martial Arts Deployed Drill.
6. Implement an Aquatic Drill.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.

TASK: 8551.02.03 (CORE) SUPERVISE THE COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus, curriculum materials, an instructional setting, personnel to be trained, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Supervise a Martial Arts Drill.
2. Supervise a Martial Arts Cohesion Exercise.
3. Supervise a Physical Training Integration Drill.
4. Supervise a Field Exercise.
5. Supervise a Martial Arts Deployed Drill.
6. Supervise an Aquatic Drill.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 03 - CONDUCT SUSTAINMENT AND INTEGRATION TRAINING

This duty area contains tasks that provide the student the knowledge, skills and abilities necessary to supervise the various aspects of sustainment and integration training at the various belt levels of MCMAP with emphasis on the Tan and Gray Belt Levels of MCMAP.

TASK: 8551.03.01 (CORE) CONDUCT SUSTAINMENT

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Supervise execution of current and previous belt level techniques (dominant-side).
2. Supervise execution of current and previous belt level techniques (weak-side).

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.

TASK: 8551.03.02 (CORE) CONDUCT INTEGRATION

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Supervise technique integration from previous belt levels.
2. Supervise technique integration with MOS skills.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 04 - INSTRUCT THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

This duty area contains tasks that provide the student the ability to instruct the specific tasks associated with the mental, character, and physical disciplines of MCMAP at the various belt levels authorized for a MAI.

TASK: 8551.04.01 (CORE) INSTRUCT BELT LEVELS

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct the Mental Discipline.
2. Instruct the Character Discipline.
3. Instruct the Physical Discipline.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 1553.1_, The Marine Corps Training and Education System
4. MCRP 3-02B, Marine Corps Martial Arts
5. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. This task is applicable to all MAI levels (Tan Belt, Gray Belt, Green Belt, Brown Belt). For further guidance on the scope of each MAI's authority see MCO 1500.54A.
2. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 05 - CONDUCT THE COMBATIVE SPORTS PROGRAM

This duty area contains tasks that provide the student the knowledge, skills and abilities necessary to supervise the various aspects of the combative sports program at the various belt levels of MCMAP with emphasis on the Tan and Gray Belt Levels of MCMAP.

TASK: 8551.05.01 (CORE) JUDGE A STRIKING BOUT

CONDITION(S): Given 782 Gear Plus, appropriate setting, personnel to be involved in the bout, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Apply the rules.
2. Award penalties.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting

ADMINISTRATIVE INSTRUCTIONS:

1. Medical personnel must be present during the conduct of this task.
2. A MAIT or SNCO/officer must be present for additional supervision during the conduct of this task.
3. Ensure all safety precautions are adhered to when performing this task.

TASK: 8551.05.02 (CORE) JUDGE A GRAPPLING BOUT

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CONDITION(S): Given 782 Gear Plus, appropriate setting, personnel to be involved in the bout, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Apply the rules.
2. Award penalties.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Cpl

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting

ADMINISTRATIVE INSTRUCTIONS:

1. Medical personnel must be present during the conduct of this task.
2. A MAIT or SNCO/officer must be present for additional supervision during the conduct of this task.
3. Ensure all safety precautions are adhered to when performing this task.

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ENCLOSURE (6)

MOS 8552, MARTIAL ARTS INSTRUCTOR TRAINER

DUTY AREA 01 - MARTIAL ARTS INSTRUCTOR TRAINER SKILLS

This duty area contains tasks that provide the student the knowledge, skills and abilities necessary to develop Martial Arts instructors.

TASK: 8552.01.01 (CORE) APPLY THE COMPONENTS OF THE MCMAP "TRAIN THE TRAINER" PHILOSOPHY

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Teach an instructor to prepare for instruction.
2. Teach an instructor to employ facilitation techniques.
3. Prepare an instructor to deliver the introduction.
4. Prepare an instructor to deliver the body using Explain, Demonstrate, Imitate, Practice (EDIP).
5. Prepare an instructor to deliver the body using informal lecture.
6. Prepare an instructor to deliver a tie-in.
7. Prepare an instructor to deliver the summary.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Students will be required to deliver a selected Martial Arts period of instruction in association with this task.

TASK: 8552.01.02 (CORE) ADMINISTER MAIT LEVEL TESTS

CONDITION(S): Given 782 Gear Plus, personnel to be trained, an instructional setting, performance checklist, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Administer the Black Belt (1st Degree) Belt Rank Achievement Test.
2. Administer MAI accreditation test.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Performance Checklist

DISTANCE LEARNING PRODUCT(S):

1. MCI 1334, Math for Marines

ADMINISTRATIVE INSTRUCTIONS:

1. The MAIT's authorization and limitations for the administration of belt rank achievement tests is contained in MCO 1500.54A.
 2. Ensure the approved Performance Checklist is utilized for grading.
 3. Ensure all safety precautions are adhered to when performing this task.
-

TASK: 8552.01.03 (CORE) PREPARE AN INSTRUCTOR TO ADMINISTER BELT ACHIEVEMENT RANKING TEST

CONDITION(S): Given 782 Gear Plus, personnel to be trained, an instructional setting, performance checklist, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to administer the Tan Belt Rank Achievement Test.
2. Prepare an instructor to administer the Gray Belt Rank Achievement Test.
3. Prepare an instructor to administer the Green Belt Rank Achievement Test.
4. Prepare an instructor to administer Brown Belt Rank Achievement Test.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Performance Checklist

DISTANCE LEARNING PRODUCT(S):

1. MCI 1334, Math for Marines

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure the approved Performance Checklist, contained in MCO 1500.54A, is utilized for grading.

TASK: 8552.01.04 (CORE) PREPARE AN INSTRUCTOR TO MAINTAIN MCMAP RECORDS

CONDITION(S): Given 782 Gear Plus, personnel to be trained, NAVMC 11432, a completed training event, and with the aid of the references.

STANDARD(S): In accordance with the references.

MCO 1510.122A
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PERFORMANCE STEPS:

1. Prepare an instructor to maintain course materials.
2. Prepare an instructor to maintain student training logs.
3. Prepare an instructor to complete NAVMC 11432.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * NAVMC 11432

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure completed NAVMC is delivered to training management personnel for recording in MCTFS.

TASK: 8552.01.05 (CORE) SUPERVISE FREE SPARRING

CONDITION(S): Given 782 Gear Plus, BTPG1, eye protection, PPG1, pugil stick, training knife, training stick, personnel to be trained, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Supervise free sparring in a weapons of opportunity engagement.
2. Supervise free sparring in a bayonet trainer engagement.
3. Supervise free sparring in a strikes engagement.
4. Supervise free sparring in a training knife engagement.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)

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2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Bayonet Training Protective Gear 1 (BTPG1)
3. * Eye Protection
4. * Pugil Stick Protective Gear 1 (PPG1)
5. * Pugil Sticks
6. * Training Knife
7. * Training Stick
8. * Wooden Bayonet Trainer

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, wood chips, sawdust, or mats.
2. Medical support must be available in training areas when performing these tasks.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.

TASK: 8552.01.06 (CORE) PREPARE AN INSTRUCTOR TO SUPERVISE FREE SPARRING

CONDITION(S): Given 782 Gear Plus, eye protection, PPG1, pugil stick, training knife, training stick, personnel to be trained, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to apply the safety precautions inherent during free sparring.
2. Prepare an instructor to supervise body sparring.

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3. Prepare an instructor to supervise free sparring in a ground fighting engagement.
4. Prepare an instructor to supervise free sparring in a pugil stick engagement.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCRP 3-02B, Marine Corps Martial Arts
4. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Eye Protection
3. * Pugil Stick Protective Gear 1 (PPG1)
4. * Pugil Sticks
5. * Training Knife
6. * Training Stick

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a soft surface. Soft surfaces may include, but are not limited to, wood chips, sawdust, or mats.
2. Medical support must be available in training areas when performing these tasks.
3. Ensure all safety precautions are adhered to when performing this task.
4. 782 Gear or Utility Uniform may be substituted for 782 Gear Plus, at the discretion of the unit commander, based on the unit's supply status, or other considerations.
5. Free sparring of all types, is conducted at a maximum of 50% of the Marine's maximum strength and intensity; never full contact or full force.

TASK: 8552.01.07 (CORE) COMPLETE AN OPERATIONAL RISK ASSESSMENT (ORA) ON A MARTIAL ARTS PERIOD OF INSTRUCTION

Appendix C to
ENCLOSURE (6)

CONDITION(S): Given curriculum materials, personnel to be trained, a simulated martial arts training event, a blank ORM matrix, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify the components of the ORM Matrix.
2. Perform risk assessment.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCO 3500.27_, Operational Risk Management
4. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials
3. * ORM Matrix

ADMINISTRATIVE INSTRUCTIONS:

1. Students will be required to review a selected completed ORM matrix for a Martial Arts period of instruction in association with this task.

TASK: 8552.01.08 (CORE) PREPARE AN INSTRUCTOR TO REVIEW A COMPLETED OPERATIONAL RISK ASSESSMENT (ORA) ON A MARTIAL ARTS PERIOD OF INSTRUCTION

CONDITION(S): Given curriculum materials, personnel to be trained, a simulated martial arts training event, a completed ORM matrix, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Instruct the location of the baseline ORAs for MCMAP techniques.
2. Instruct the components of the ORM Matrix.

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3. Teach an instructor to update an Operational Risk Assessment (ORA) for a Martial Arts period of instruction based on the unique environment.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 1553.1_, The Marine Corps Training and Education System
3. MCO 3500.27_, Operational Risk Management
4. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials
3. * ORM Matrix

ADMINISTRATIVE INSTRUCTIONS:

1. Students will be required to review a selected completed ORM matrix for a Martial Arts period of instruction in association with this task.

TASK: 8552.01.09 (CORE) PREPARE AN INSTRUCTOR TO EMPLOY THE CONTINUUM OF FORCE

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to identify the temper and intent of an opponent.
2. Prepare an instructor to employ Force Level One.
3. Prepare an instructor to employ Force Level Two.
4. Prepare an instructor to employ Force Level Three.
5. Prepare an instructor to employ Force Level Four.
6. Prepare an instructor to employ Force Level Five.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

Appendix C to
ENCLOSURE (6)

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts
3. MCRP 6-11B, Discussion Guide for Marine Corps Values

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

TASK: 8552.01.10 (CORE) INSTRUCT THE BASIC ELEMENTS OF ANATOMY AND PHYSIOLOGY

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to identify target areas of the body.
2. Prepare an instructor to identify weapons of the body.
3. Prepare an instructor to identify pressure points.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

TASK: 8552.01.11 (CORE) INSTRUCT THE STRUCTURE OF MCMAP

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to explain the history of MCMAP.
2. Prepare an instructor to explain the belt levels of MCMAP.
3. Prepare an instructor to explain the instructional levels of MCMAP.
4. Prepare an instructor to explain the term "martial".
5. Prepare an instructor to identify the disciplines of MCMAP.
6. Prepare an instructor to explain the mental discipline.
7. Prepare an instructor to explain the components of the character discipline.
8. Prepare an instructor to explain the components of the physical discipline.
9. Prepare an instructor to explain the elements of the fighting techniques of the physical discipline.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials

TASK: 8552.01.12 (CORE) INSTRUCT THE COMPONENTS OF WELLNESS

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to identify the basic food groups.

2. Prepare an instructor to identify weight management techniques.
3. Prepare an instructor to identify nutritional guidelines for improved performance.
4. Prepare an instructor to identify risk factors for common training injuries.
5. Prepare an instructor to identify common training injuries.
6. Prepare an instructor to identify the care of common training injuries.
7. Prepare an instructor to identify the principles for preventing common training injuries.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 1553.1_, The Marine Corps Training and Education System
4. MCO P1700.29, Marine Corps Semper Fit Program Manual
5. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
6. MCRP 3-02A, Physical Readiness Training for Combat
7. MCRP 3-02B, Marine Corps Martial Arts
8. MCRP 3-02C, Marine Combat Water Survival
9. MCRP 3-02G, First Aid

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials

DISTANCE LEARNING PRODUCT(S):

1. MCI 33.16, Basic Nutrition

TASK: 8552.01.13 (CORE) INSTRUCT THE FUNCTIONAL COMPONENTS OF MCMAP INSTRUCTIONAL METHODOLOGY

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

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03 DEC 02

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Construct a Warrior Study.
2. Construct a Martial Culture Study, as part of a team.
3. Prepare an instructor to identify the methodology used to instruct MCMAP.
4. Prepare an instructor to identify the specific elements associated with the MCMAP instructional methodology.
5. Prepare an instructor to identify the similarities between each Martial Culture studied and the Marine Corps' culture.
6. Prepare an instructor to identify the differences between the Martial Culture studied and the Marine Corps' culture.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Only MACE approved Warrior Studies and Martial Culture Studies will be used in a local program. Procedures for approval of drills are contained in MCO 1500.54A.

TASK: 8552.01.14 (CORE) APPLY THE THEORETICAL COMPONENTS OF THE MCMAP "TRAIN THE TRAINER" PHILOSOPHY

CONDITION(S): Given curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Explain the components of the "Human Dimensions of Combat."
2. Explain the components of the concept of "the Combat Mindset."
3. Explain the components of the concept of "the Warrior as a Gentleman."

Appendix C to
ENCLOSURE (6)

4. Explain the components of the concept of "the Master at Arms."

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * Appropriate Instructional Setting
2. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Only MACE approved Warrior Studies and Martial Culture Studies will be used in a local program. Procedures for approval of Warrior Studies, and Martial Culture Studies are contained in MCO 1500.54A.

TASK: 8552.01.15 (CORE) REACT TO CHEMICAL SPRAY

CONDITION(S): Given 782 Gear Plus, Oleoresin Capsicum Canister, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Identify when the use of chemical spray would be employed.
2. Identify the effects of chemical spray.
3. Identify chemical decontamination procedures.
4. Identify the level of contamination.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
2. MCO 5500.6_, Arming of Security and Law Enforcement (LE) Personnel and the Use of Force
3. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)

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03 DEC 02

2. * Appropriate Instructional Setting
3. * Oleoresin Capsicum Spray
4. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. This task requires a certified Nonlethal Weapons instructor.
2. OC spray is a non-lethal substance and not accounted for like ammunition.
3. Ensure all safety precautions are adhered to while performing this task.

Appendix C to
ENCLOSURE (6)

DUTY AREA 02 - DEVELOP A LOCAL COMBAT CONDITIONING PROGRAM

This duty area contains tasks that provide the student the knowledge, skills and abilities necessary to construct, supervise the implementation of, and manage the various aspects of a combat conditioning program at their local command, with their local assets and facilities. These skills are applicable at all the belt levels of MCMAP.

TASK: 8552.02.01 (CORE) DEVELOP A LOCAL COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus, curriculum materials, instructional setting, personnel to be trained, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Construct a Martial Arts Drill.
2. Construct a Martial Arts Cohesion Exercise.
3. Construct a Physical Training Integration Drill.
4. Construct a Field Exercise.
5. Construct a Martial Arts Deployed Drill.
6. Construct an Aquatic Drill.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Only MACE approved drills (all types) will be used in a local program. Procedures for approval of drills are contained in MCO 1500.54A.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8552.02.02 (CORE) SUPERVISE THE IMPLEMENTATION OF THE COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Supervise an instructor conducting a Martial Arts Drill.
2. Supervise an instructor conducting a Martial Arts Cohesion Exercise.
3. Supervise an instructor conducting a Physical Training Integration Drill.
4. Supervise an instructor conducting a Field Exercise.
5. Supervise an instructor conducting a Martial Arts Deployed Drill.
6. Supervise an instructor conducting an Aquatic Drill.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Only MACE approved drills (all types) will be used in a local program. Procedures for approval of drills are contained in MCO 1500.54A.
2. Ensure all safety precautions are adhered to when performing this task.

TASK: 8552.02.03 (CORE) MANAGE A LOCAL COMBAT CONDITIONING PROGRAM

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, and with the aid of references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Review Operational Risk Assessments for Martial Arts drills.
2. Advise the commander on the administration of the Combat Conditioning Program.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Only MACE approved drills (all types) will be used in a local program. Procedures for approval of drills are contained in MCO 1500.54A.
2. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 03 - DEVELOP A LOCAL SUSTAINMENT AND INTEGRATION TRAINING PROGRAM

This duty area contains tasks that provide the student the knowledge, skills and abilities necessary to construct, supervise the implementation of, and manage the various aspects of sustainment and integration training at their local commands with local resources and facilities. These skills are applicable at all the belt levels of MCMAP.

TASK: 8552.03.01 (CORE) DEVELOP A LOCAL SUSTAINMENT PROGRAM

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to supervise execution of current and previous belt level techniques (dominant-side).
2. Prepare an instructor to supervise execution of current and previous belt level techniques (weak-side).

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.

TASK: 8552.03.02 (CORE) DEVELOP A LOCAL INTEGRATION PROGRAM

Appendix C to
ENCLOSURE (6)

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to supervise technique integration from previous belt levels.
2. Prepare an instructor to supervise technique integration with MOS skills.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

ADMINISTRATIVE INSTRUCTIONS:

1. Ensure all safety precautions are adhered to when performing this task.

DUTY AREA 04 - INSTRUCT THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

This duty area contains tasks that provide the student the knowledge, skills and abilities to instruct the specific tasks associated with the mental, character, and physical disciplines of MCMAP at the various belt levels authorized for a MAIT.

TASK: 8552.04.01 (CORE) INSTRUCT BELT LEVELS

CONDITION(S): Given 782 Gear Plus, curriculum materials, personnel to be trained, an instructional setting, and with the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to instruct the Mental Discipline.
2. Prepare an instructor to instruct the Character Discipline.
3. Prepare an instructor to instruct the Physical Discipline.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. FSIC, Instructional Management School, Formal School Instructor Curriculum
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 1553.1_, The Marine Corps Training and Education System
4. MCRP 3-02B, Marine Corps Martial Arts
5. MCSATG, Marine Corps Systems Approach to Training Guide

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting
3. * Curriculum Materials

DISTANCE LEARNING PRODUCT(S):

1. MCI 7400, Warfighting
2. MCI 8010, Sergeants Distance Education Program

ADMINISTRATIVE INSTRUCTIONS:

1. For further guidance on the scope of each MAIT's authority see MCO 1500.54A.
2. Ensure all safety precautions are adhered to when performing this task.

Appendix C to
ENCLOSURE (6)

DUTY AREA 05 - DEVELOP A LOCAL COMBATIVE SPORTS PROGRAM

This duty area contains tasks that provide the student the knowledge, skills and abilities necessary to construct, supervise the implementation of, and manage the various aspects of combative sports program at their local commands with local resources and facilities. These skills are applicable at all the belt levels of MCMAP.

TASK: 8552.05.01 (CORE) REFEREE A STRIKING BOUT

CONDITION(S): Given 782 Gear Plus, appropriate setting, personnel to be involved in the bout, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to apply the rules.
2. Apply the safety precautions.
3. Prepare an instructor to award penalties.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting

ADMINISTRATIVE INSTRUCTIONS:

1. Medical personnel must be present during the conduct of this task.
2. A MAIT or SNCO/officer must be present for additional supervision during the conduct of this task.

TASK: 8552.05.02 (CORE) REFEREE A GRAPPLING BOUT

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CONDITION(S): Given 782 Gear Plus, appropriate setting, personnel to be involved in the bout, and without the aid of the references.

STANDARD(S): In accordance with the references.

PERFORMANCE STEPS:

1. Prepare an instructor to apply the rules.
2. Apply the safety precautions.
3. Prepare an instructor to award penalties.

INITIAL TRAINING SETTING: FLC Sustainment: 36 Req By: Sgt

REFERENCE(S):

1. MCO 1500.52_, Marine Combat Water Survival Training
2. MCO 1500.54A, Marine Corps Martial Arts Program (MCMAP)
3. MCO 3500.27_, Operational Risk Management
4. MCO P6100.12, Marine Corps Physical Fitness Test and Body Composition Program Manual (MCPFTBCP)
5. MCRP 3-02A, Physical Readiness Training for Combat
6. MCRP 3-02B, Marine Corps Martial Arts

TRAINING MATERIEL:

1. * 782 Gear Plus (782+)
2. * Appropriate Instructional Setting

ADMINISTRATIVE INSTRUCTIONS:

1. Medical personnel must be present during the conduct of this task.
2. A MAIT or SNCO/officer must be present for additional supervision during the conduct of this task.

SUMMARY/INDEX OF INDIVIDUAL TRAINING STANDARDS BY SPECIFIC CATEGORY (MOJT, DL, PST)

1. This enclosure summarizes the Individual Training Standards (ITS) according to three categories:

Appendix A: ITSs Trained via Managed On-The-Job Training (MOJT)

Appendix B: ITSs Supported by Distance Learning (DL) Products

Appendix C: ITSs Supported by Performance Support Tools (PST)

2. If no information is applicable to a category, the appendix will include a statement to that effect.

3. Format. The columns in each appendix are as follows:

a. SEQ. Sequence Number. This number dictates the order in which tasks for a given duty area are displayed.

b. TASK. ITS Designator. This is the permanent designator assigned to the task when it is created.

c. TITLE. ITS Task Title.

d. CORE. An "X" appears in this column when the task is designated as a "core" task required to "make" a Marine or qualify that Marine for the appropriate MOS. The absence of an "X" indicates that this is an advanced ("core plus") task that is mission, grade, or billet specific.

e. FLC. Functional Learning Center. An "X" appears in this column when the FLC is designated as the initial training setting. The absence of an "X" indicates that the initial training is accomplished through Managed On-The-Job Training (MOJT).

f. DL. Distance Learning (DL) Product. An "X" in this column indicates that at least one DL product is associated with this task. Consult enclosure (6) for details.

g. PST. Performance Support Tool (PST). An "X" in this column indicates that at least one PST is associated with this task. Consult enclosure (6) for details.

h. SUS. Sustainment Training Period. An entry in this column represents the number of months between evaluation or retraining by the unit to maintain the proficiency required by the standard, provided the task supports the unit's METL.

i. REQ BY. Required By. An entry in this column depicts the lowest grade required to demonstrate proficiency in this task.

j. PAGE. Page Number. This column lists the number of the page in enclosure (6) that contains detailed information concerning this task.

ENCLOSURE (7)

INDIVIDUAL TRAINING STANDARDS TRAINED VIA MANAGED ON-THE-JOB TRAINING

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
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MOS 8550, Martial Arts Marine

DUTY AREA 02 - GRAY BELT

1)	8550.02.01	EXECUTE BAYONET TECHNIQUES				12	Pvt	6-A-22		
2)	8550.02.02	EXECUTE UPPER BODY STRIKES				12	Pvt	6-A-23		
3)	8550.02.03	EXECUTE LOWER BODY STRIKES				12	Pvt	6-A-24		
4)	8550.02.04	EXECUTE FRONT CHOKE				12	Pvt	6-A-24		
5)	8550.02.05	EXECUTE HIP THROW				12	Pvt	6-A-25		
6)	8550.02.06	EXECUTE COUNTERS TO STRIKES				12	Pvt	6-A-26		
7)	8550.02.07	EXECUTE COUNTER TO THE FRONT CHOKE				12	Pvt	6-A-27		
8)	8550.02.08	EXECUTE COUNTERS TO HOLDS				12	Pvt	6-A-27		
9)	8550.02.09	EXECUTE UNARMED MANIPULATIONS				12	Pvt	6-A-28		
10)	8550.02.10	EXECUTE ARMED MANIPULATIONS				12	Pvt	6-A-29		
11)	8550.02.11	EXECUTE KNIFE TECHNIQUES				12	Pvt	6-A-30		
12)	8550.02.12	EXECUTE NONLETHAL BATON TECHNIQUES				12	Pvt	6-A-31		
13)	8550.02.13	EMPLOY WEAPONS OF OPPORTUNITY				12	Pvt	6-A-32		
14)	8550.02.14	EXECUTE GROUND FIGHTING				12	Pvt	6-A-33		
15)	8550.02.15	PARTICIPATE IN FREE SPARRING				12	Pvt	6-A-34		
16)	8550.02.16	DISCUSS THE MARINE WARRIOR ETHOS				12	Pvt	6-A-35		
17)	8550.02.17	DISCUSS THE MARINE CORPS LEADERSHIP TRAITS			X	12	Pvt	6-A-36		
18)	8550.02.18	DISCUSS MARINE CORPS LEADERSHIP PRINCIPLES			X	12	Pvt	6-A-36		
19)	8550.02.19	DISCUSS HAZING				12	Pvt	6-A-37		
20)	8550.02.20	DISCUSS THE MARINE CORPS CORE VALUE OF COMMITMENT				12	Pvt	6-A-38		
21)	8550.02.21	DISCUSS THE CODE OF CONDUCT				12	Pvt	6-A-38		
22)	8550.02.22	DISCUSS THE SIX TROOP LEADING STEPS				12	Pvt	6-A-39		
23)	8550.02.23	DISCUSS THE MARINE CORPS CORE VALUE OF HONOR				12	Pvt	6-A-40		
24)	8550.02.24	DISCUSS THE MARINE CORPS CORE VALUE OF COURAGE				12	Pvt	6-A-40		
25)	8550.02.25	DISCUSS MARINE CORPS CUSTOMS, COURTESIES AND TRADITIONS				12	Pvt	6-A-41		
26)	8550.02.26	DISCUSS THE MEANING OF THE OATH OF ENLISTMENT OR COMMISSIONING				12	Pvt	6-A-42		
27)	8550.02.27	DISCUSS MARINE CORPS HISTORY				12	Pvt	6-A-43		
28)	8550.02.28	DISCUSS A MARTIAL CULTURE				12	Pvt	6-A-43		
29)	8550.02.29	DISCUSS THE COMPONENTS OF WELLNESS			X	12	Pvt	6-A-44		
30)	8550.02.30	DISCUSS THE FORCE CONTINUUM				12	Pvt	6-A-45		
31)	8550.02.31	PARTICIPATE IN THE COMBAT CONDITIONING PROGRAM				12	Pvt	6-A-46		

DUTY AREA 06 - BLACK BELT (2ND DEGREE)

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
1)	8550.06.01	EXECUTE THE MCMAP ENGAGEMENT PATTERN					12	SSgt		6-A-116
2)	8550.06.02	APPLY COACHING TECHNIQUES					12	SSgt		6-A-117
3)	8550.06.03	DEVELOP AN ELEMENT OF MARTIAL CULTURE ANALYSIS (EMCA)					12	SSgt		6-A-118

DUTY AREA 07 - BLACK BELT (3RD DEGREE)

1)	8550.07.01	INSTRUCT THE MCMAP ENGAGEMENT PATTERN					12	SSgt		6-A-119
2)	8550.07.02	DEVELOP A MCMAP UNIT TRAINING INTEGRATION PLAN (UTIP)					12	SSgt		6-A-120

DUTY AREA 08 - BLACK BELT (4TH DEGREE)

1)	8550.08.01	OBTAIN 1ST DEGREE BLACK BELT IN AN APPROVED MARTIAL ART					12	GySgt		6-A-121
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MOS 8551, Martial Arts Instructor

There are no MOJT tasks assigned to any duty areas within this MOS.

MOS 8552, Martial Arts Instructor Trainer

There are no MOJT tasks assigned to any duty areas within this MOS.

INDIVIDUAL TRAINING STANDARDS SUPPORTED BY DISTANCE LEARNING PRODUCTS

This appendix includes a summary listing of all ITS tasks that have at least one currently available or planned distance learning (DL) product associated with them. They are grouped by MOS and Duty Area.

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
MOS 8550, Martial Arts Marine										
<u>DUTY AREA 01 - TAN BELT</u>										
20)	8550.01.20	DISCUSS THE FUNDAMENTALS OF UNITED STATES MARINE CORPS LEADERSHIP	X	X	X		12	Pvt		6-A-14
21)	8550.01.21	DISCUSS SELF-DISCIPLINE	X	X	X		12	Pvt		6-A-15
26)	8550.01.26	DISCUSS PERSONAL READINESS	X	X	X		12	Pvt		6-A-18
<u>DUTY AREA 02 - GRAY BELT</u>										
17)	8550.02.17	DISCUSS THE MARINE CORPS LEADERSHIP TRAITS			X		12	Pvt		6-A-36
18)	8550.02.18	DISCUSS MARINE CORPS LEADERSHIP PRINCIPLES			X		12	Pvt		6-A-36
29)	8550.02.29	DISCUSS THE COMPONENTS OF WELLNESS			X		12	Pvt		6-A-44
<u>DUTY AREA 03 - GREEN BELT</u>										
16)	8550.03.16	DISCUSS FORCE PROTECTION		X	X		12	LCpl		6-A-60
<u>DUTY AREA 04 - BROWN BELT</u>										
14)	8550.04.14	DISCUSS COMMUNICATIONS AND COUNSELING		X	X		12	Cpl		6-A-80
18)	8550.04.18	DISCUSS LEADERSHIP ROLES		X	X		12	Cpl		6-A-83
19)	8550.04.19	DISCUSS COUNSELING TECHNIQUES		X	X		12	Cpl		6-A-84
<u>DUTY AREA 05 - BLACK BELT (1ST DEGREE)</u>										
12)	8550.05.12	DISCUSS THE CONCEPT OF "THE ETERNAL STUDENT"	X	X			12	Sgt		6-A-101
13)	8550.05.13	DISCUSS THE CONCEPT OF "THE LEADER AND THE FOLLOWER"	X	X			12	Sgt		6-A-102
14)	8550.05.14	DISCUSS EXPEDITIONARY MANEUVER WARFARE	X	X			12	Sgt		6-A-103
15)	8550.05.15	DISCUSS LEADERSHIP STYLES	X	X			12	Sgt		6-A-103
16)	8550.05.16	DISCUSS SUSTAINING THE TRANSFORMATION	X	X			12	Sgt		6-A-104
17)	8550.05.17	DISCUSS MENTORING	X	X			12	Sgt		6-A-105
18)	8550.05.18	DISCUSS TACTICAL DECISION MAKING	X	X			12	Sgt		6-A-106
19)	8550.05.19	DISCUSS INSTILLING AND DEVELOPING VALUES	X	X			12	Sgt		6-A-106
20)	8550.05.20	DISCUSS OPERATIONAL RISK MANAGEMENT	X	X			12	Sgt		6-A-107
21)	8550.05.21	DISCUSS ETHICAL LEADERSHIP	X	X			12	Sgt		6-A-108
22)	8550.05.22	DISCUSS DEVELOPING SUBORDINATE LEADERS	X	X			12	Sgt		6-A-109

Appendix B to
ENCLOSURE (7)

SEQ	TASK	TITLE	CORE	FLC	DL	PST	SUS	REQ	BY	PAGE
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MOS 8551, Martial Arts Instructor

DUTY AREA 01 - BASIC MARTIAL ARTS INSTRUCTOR SKILLS

3)	8551.01.03	ADMINISTER BELT ACHIEVEMENT RANKING TEST	X	X	X			36	Cpl	6-B-2
10)	8551.01.10	EXPLAIN THE COMPONENTS OF WELLNESS	X	X	X			36	Cpl	6-B-8

MOS 8552, Martial Arts Instructor Trainer

DUTY AREA 01 - MARTIAL ARTS INSTRUCTOR TRAINER SKILLS

2)	8552.01.02	ADMINISTER MAIT LEVEL TESTS	X	X	X			36	Sgt	6-C-2
3)	8552.01.03	PREPARE AN INSTRUCTOR TO ADMINISTER BELT ACHIEVEMENT RANKING TEST	X	X	X			36	Sgt	6-C-2
12)	8552.01.12	INSTRUCT THE COMPONENTS OF WELLNESS	X	X	X			36	Sgt	6-C-10

DUTY AREA 04 - INSTRUCT THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

1)	8552.04.01	INSTRUCT BELT LEVELS	X	X	X			36	Sgt	6-C-20
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INDIVIDUAL TRAINING STANDARDS SUPPORTED BY PERFORMANCE SUPPORT TOOLS

There are no performance support tools assigned to any tasks in this order.